



Fort Sam Houston

# News Leader®



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July 8, 2004

## Briefs

### **U.S. Army MEDCOM Change of Command Ceremony, Today**

The Army Surgeon General, Lt. Gen. James B. Peake, will relinquish command of the U.S. Army Medical Command to Maj. Gen. Kevin C. Kiley at a ceremony today, 8 a.m. at MacArthur Parade Field.

### **C Company, 187th Medical Battalion Change of Command Ceremony, July 9**

C Company, 187th Medical Battalion, will conduct a Change of Command ceremony for Capt. Christopher A. Flaugh (outgoing commander) and Capt. Marc C. Raciti (incoming commander) July 9, 7:30 a.m. at Blesse Auditorium, Willis Hall.

### **BAMC Troop Command Change of Command, July 15**

Outgoing commander Col. James Mundy will relinquish command of BAMC Troop Command to incoming commander Lt. Col. Ricardo Antonio Glenn at a change of command ceremony July 15, 8 a.m., MacArthur Parade Field.

### **DFAS Change of Command, July 16**

Army Col. Robert T. Cook will relinquish command of Defense Finance Accounting Service in San Antonio to Air Force Col. Jack Conroy at a ceremony July 16, 10 a.m. at the Bright Shawl, located on 819 Augusta Street.



Photo by Esther Garcia

Members of the Special Troops Battalion fire a cannon salute at the 4th of July "Salute to the Nation" ceremony held Sunday at the main post flagpole. The cannon salute consisted of one gun fired for each of the fifty states.

## FSH celebrates nation's birthday

By Esther Garcia  
FSH Public Affairs Office

With the fifty state flags and six territorial flags as a backdrop, a 50-cannon salute, one gun fired for each of the fifty states, was held July 4 celebrating our Nation's 228th anniversary. The traditional ceremony also included the ringing of a bell to commemorate the original 13 colonies which first formed the United States of America.

Host and keynote speaker for the ceremony, Installation Commander, Brig. Gen. Daniel F. Perugini, said, "The cannon salute today reminds us that our Army is a direct lineage to those first citizen Soldiers who formed the initial 10 companies of expert rifleman in June 1775. We — in uniform — are proud to be a direct and enduring link to them and their courage on the first battlefields of freedom against oppression and tyranny."

A crowd of approximately 250 enjoyed patriotic music by the Army Medical Command Band, led by Chief Warrant Officer Five John Fraser.

Fort Sam Houston continued with July 4 celebrations. Perugini was invited to be the keynote speaker at a naturalization ceremony where he welcomed 50 new American citizens to our country. The ceremony, presided by Judge John Primomo, was held at the Alamo. The color guard from

the Noncommissioned Officer Academy posted the U.S. Flag and the Texas Flag.

At other celebrations the Army Medical Command Band went to McAllen, Texas on July 3 to participate in the city's 76th Annual Independence Day festivities. The Military Service Float, with Spc. James LeFebvre from 187th Medical Battalion representing Fort Sam Houston, participated in the Seguin, Texas 4th of July Parade.

## Fifth U.S. Army earns unit streamer

By Master Sgt. C.S. Allbright  
Fifth U.S. Army Public Affairs

In a short, dignified ceremony at the Officers' Club on July 1, Fifth Army's commanding general, Lt. Gen. Robert T. Clark, added the Army Superior Unit streamer to the unit's colors. The award, which recognizes the unit's efforts since the global war on terrorism began, covers the period from the 9/11 attacks through March 31 of this year. The ceremony officially recognized 122 military and 114 civil servants from the headquarters ele-

ment of Fifth Army, not quite half of the overall number that have earned the award since September 11, 2001. Those military members and Department of the Army civilians in the unit at the time will have the award added as a permanent part of their records.

"This award is a tribute to the hard working members of Fifth Army who have worked very hard to train and prepare 100,000 troops for combat in Iraq and Afghanistan, and for security missions across the 21 states west of the Mississippi River," said Clark, who took the reins as

commanding general in December 2003 after serving nearly three years as the deputy commanding general. Clark explained that similar awards were also generated for the First and Third U.S. Armies, but noted that this was highly unusual as the award was generated at the DA level, and not from the unit itself.

Among the many gathered for the ceremony were the past commander, Freddy E. McFarren, who was in charge at the time of the 9/11 attacks, and Teddy E. Harman, the former command sergeant major. Both past leaders have since retired

to the San Antonio area. Clark lauded the former command team as "leading the way through a very intense and awkward time after 9/11 when everyone was working 24/7." Clark said that through the trials of those days, "the star of the Fifth Army shone brightly."

Other dignitaries in attendance included Louis Stumberg and Mike Hood, both Texas residents serving as Civilian Aides to the Secretary of the Army.

The Fifth Army has also exercised oversight of homeland defense missions at

See **STREAMER** on Page 5

## Army to call up 5,600 IRR Soldiers

By Joe Burlas  
Army News Service

The Army plans to order 5,600 Soldiers in the Individual Ready Reserve to active duty for possible deployment with the next Operations Iraqi Freedom and Enduring Freedom rotations.

Mailgrams notifying those Soldiers to expect mobilization orders within a week could hit their mailboxes as early as July 6, according to officials who

announced the measure in Pentagon press briefing June 30.

Those Soldiers called up will have 30 days from the date the orders were issued to take care of personal business before having to report to a mobilization site, officials said. The orders call for 18 months of active duty, but that could be extended for a total of 24 months if needed, they said.

The IRR call up does not impact retired Soldiers, contrary to several civilian media reports

on the subject that appeared on television and newspapers June 29 and 30.

"We're dipping into an available manpower pool," said Robert Smiley, principal assistant for Training, Readiness and Mobilization, Office of the Assistant Secretary of the Army for Manpower and Reserve Affairs. "This is just good personnel management."

The IRR primarily consists of Soldiers who have served their

contracted time on active duty or in an Army Reserve Troop Program Unit, but still have a military service obligation to fulfill, said Col. Debra Cook, commander for Human Resources Command — St. Louis, the Reserve's personnel management center.

Congress mandates under Title 10 of the U.S. Code that all services have an IRR.

Every Soldier, enlisted or commissioned, has an eight-year military service obligation when

he or she joins the Army, Cook said. Often, that commitment is divided between active duty or a TPU assignment and the IRR.

"You might have one Soldier sign up for four years on active duty, who then has a four-year IRR commitment, and another Soldier who signs up to serve with a Ready Reserve unit for six years and two years in the IRR — both have IRR commitments to meet their military service

See **CALL UP** on Page 5



# More service members to receive anthrax, smallpox vaccinations

By **Gerry J. Gilmore**  
**American Forces Press Service**

More U.S. service members – including those serving in South Korea will be vaccinated against smallpox and anthrax, the Defense Department’s senior medical adviser said July 2.

The availability of additional smallpox and anthrax vaccine will enable the vaccination of all service members assigned to U.S. Central Command, and many serving in U.S. Pacific Command, including troops assigned on the Korean Peninsula, Dr. William Winkenwerder, assistant secretary of defense for health affairs, told reporters at a Pentagon news conference.

Winkenwerder said he couldn’t provide numbers of troops affected by the policy

change, other than saying “tens of thousands” would be vaccinated. The policy change, he pointed out, wasn’t precipitated by a definite increase of threat to troops.

“There is no substantial change to the threat situation,” Winkenwerder asserted, noting the increased availability of both vaccines “will provide an additional layer of protection” for service members.

However, Army Brig. Gen. David Rodriguez, a Joint Staff spokesman who accompanied the doctor at the briefing, reminded reporters that Director of Central Intelligence George Tenet had noted earlier this year that al Qaeda is interested in acquiring

bio-weapons like smallpox and anthrax.

Central Command troops deployed to the Afghanistan and Iraq theaters of operation had been vaccinated against smallpox and anthrax, Winkenwerder noted. Now, he said, “all personnel in Central Command” will receive both vaccinations.

Troops serving in selected areas of PACOM, including South Korea, Winkenwerder reported, also will receive the anthrax and smallpox vaccines.

Responding to a reporter’s question whether North Korea has a bio-weapons capability, Rodriguez responded by saying

it’s relatively not difficult to develop anthrax weapons.

The cost of administering more smallpox and anthrax shots will run into “the tens of millions of dollars,” Winkenwerder said, but he added the program wouldn’t strain his \$30 billion-dollar overall budget.

Medical studies, Winkenwerder said, have shown that administration of the vaccines poses little threat to service members’ health. Since June 2002, he noted, the Defense Department has vaccinated more than 750,000 troops against anthrax. That number, he said, increases to an aggregate of more than a million if vaccinations administered since 1998 are factored in. Since December 2002, he said, more than 625,000 troops received smallpox vaccinations.



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# Two Iraqi Freedom Soldiers receive Purple Hearts



Brig. Gen. C. William Fox Jr. poses with Spc. Christopher Leverkuhn and Spc. Jacob Pruneda after presenting the Soldiers with the Purple Heart medal at BAMC auditorium, on June 29.

Story and photo by Maj. Gregg Tooley  
BAMC Public Affairs

Brooke Army Medical Center conducted a Purple Heart ceremony June 29 to honor two Soldiers wounded in support of Operation Iraqi Freedom.

Brig. Gen. C. William Fox Jr., the commander of Brooke Army Medical Center, presented Purple Hearts to Spc. Christopher Leverkuhn and Spc. Jacob Pruneda at the BAMC auditorium.

Leverkuhn, a fuel specialist with the 208th Quartermaster Company, was wounded May 16 when an improvised explosive device detonated under his vehicle. The driver was killed. Leverkuhn, a reservist from Lafayette, Ind., will return home after leaving the service to pursue a college degree.

Pruneda, an infantryman assigned to the 1st Armored Division, sustained a serious leg injury May 14 when an improvised explosive device exploded under the vehicle during a convoy security detail. He hails from Houston, Texas, and is undecided on his future plans.

“This is the first award ever recognized by the U.S. Congress,” Fox

said, referring to the Purple Heart. “It was an award for Soldiers, designed and put forth to Congress by our first President and Commander-in-Chief, George Washington. It was awarded for outstanding gallantry and exceptional fidelity.”

Fox thanked all past and present recipients of this distinguished award for their invaluable service and said we need to recognize, as a nation, all those who fight on our behalf to ensure our liberties and freedom.

“We have the greatest nation on earth because of the service and sacrifice of men and women in uniform who serve the people of the United States,” said Fox. “Each of us must pay our respects to all of our Soldiers who have faced the enemy and have been wounded.”

Fox said the duty of each staff member at BAMC was to heal each Soldier – both physically and psychologically.

“This institution puts its life blood, energy, and effort into healing our Soldiers and keeping the Army fit,” Fox said. “It is a noble profession and one deeply respected by our Soldiers.”

# AUSA honors military writer, Purple Heart recipients

Story and photos by Maj. Gregg Tooley  
BAMC Public Affairs

San Antonio Express News military reporter, Sig Christenson, along with three injured Soldiers recovering at Brooke Army Medical Center, were honored by the Association of the United States Army at the June 29 quarterly luncheon at the NCO Club.

Christenson wrote more than 60 stories for the San Antonio Express News while serving as an embedded reporter as the 3rd Infantry Division made its way into Baghdad during the second Gulf War. The 3d ID spearheaded the assault on Baghdad. Christenson later returned as a unilateral, or solo, reporter after the end of formal hostilities. He is scheduled to return to Iraq this month for another embed.

Christenson said that during an initial battle, he was shot at and wasn’t sure why his life was spared. He said that as the bullets kicked up, “I wanted to be invisible.”

When the 3rd Infantry Division executed Objective Peach over the Euphrates River, Christenson said he was struck by the bravery of the Soldiers.

“Not one Soldier was scratched,” he said. “That said a lot about their training and the technology.”

Referring to Iraq as the “biggest kitty litter box” on the face of the earth, Christenson said that the troops deserve to have their story told. As a reporter he said his role model was Ernie Pyle, who was killed by a Japanese sniper on a routine patrol in Okinawa in 1945.

Thirty-four reporters have lost their lives while covering the troops in the global war on terrorism.

“When I go to BAMC, I feel very small around wounded Soldiers,” he said. “I want people to know what the wounded Soldiers are going through.”

Christenson said that the military members make “amazing sacrifices.”

“This will be the next greatest generation,” he said. “This is the



San Antonio Express News military correspondent Sig Christenson receives his award from Lt. Gen. Robert Clark, commander Fifth U.S. Army, and Diane Moore, the president of the Alamo Chapter of the Association of the United States Army. Christenson was recognized for exceptional service in support of national defense. The national AUSA award came to Christenson for his coverage of the military during Operation Iraqi Freedom.



Spc. Edward Stephenson, Cpl. Jose Martinez, and Spc. Aaron Coates, all Purple Heart recipients, are honored by AUSA on June 29.

first generation of Soldiers fighting to rid the world of terrorism.”

Lt. Gen. Robert Clark, commander of Fifth U.S. Army, praised Christenson’s focus on the Soldiers, Seamen, Airmen and Marines supporting the global war on terrorism.

“There is a lot of Ernie Pyle in him,” Clark said. “I say that because he talks about ordinary Soldiers and the hardships they endure, he talks about all those things that make war such a horrific experience. War causes not only fear; it also causes young people to do great and courageous acts, to take care of their buddies, and to accomplish the mission.”

In addition, Clark thanked each of the wounded Soldiers for

their enduring service. AUSA presented coins to Cpl. Jose Martinez, Spc. Aaron Coates, and Spc. Edward Stephenson in recognition of their sacrifices. The three Soldiers are Purple Heart recipients who were seriously wounded while serving in Iraq and are now recuperating at BAMC.

“There is a lot of emotion in the room because you represent all of us so well,” Clark said. “We are very proud of you and grateful for your service, for the burdens you carry and the sacrifices you made”

Martinez, an infantryman with the 101st Airborne Division, sustained severe burn injuries April 5 near Karbala when a land mine detonated under the front tire of

the vehicle he was driving.

Coates, a fuel specialist with the 173rd Airborne out of Vicenza, Italy, suffered severe burns and lost six fingers when a rocket-propelled grenade hit the fuel truck he was driving with more than 1,000 gallons of fuel.

Stephenson, an infantryman from Camden, N.J., was wounded when two improvised explosive devices detonated near his vehicle while serving with the 4th Infantry Division in Iraq.

“I have been in the Army 34 years,” Clark said, “and I know what makes a good Soldier. What you are doing today is priceless and says a lot about our future. We, as a country, are going to be in very good hands over the decades ahead.”



# Soldier medics exhibit ‘Warrior Spirit’ during reverse cycle combat training

Story and Photos by Capt. Rachel Wienke  
Special to the News Leader

Their hearts pounding furiously, a litter team of “Bulldog” medics from B Company, 232d Medical Battalion, knelt beside an “urgent casualty” at the edge of a landing zone. The Soldiers gazed up in awe, as the MEDEVAC helicopter came into view, the blades a blur of motion against the dark sky. After the landing, the team waited tensely for their signal from the flight medic. When he waved for them to approach, the team hustled their “casualty” to the aircraft, led by an NCO marked with reflective tape. Just as they where taught, they loaded the litter and secured it firmly in the helicopter. It didn’t seem like just another exercise. The MEDEVAC helicopter landing in the darkness to pick up the “severely wounded” patients gave the words “train as you fight” a whole new meaning for

the excited Initial Entry Training 91W combat medics.

B Company conducted “reverse cycle” training for the Combat Trauma Lanes June 24 through 29. Reverse cycle training switches the normal duty day so that the Soldiers are training during the night and resting during the daylight hours.

Instead of starting the days’ medical instruction at 8:30 a.m., the “Bulldog” medics began at 5 a.m., training hard until 12 p.m. Although their entire training day was not reversed, this gave the trainees the opportunity to exercise their medical and tactical skills in the dark, adding to the realism of their training and increasing the element of challenge.

Training at night and during limited visibility is



Soldiers anticipate the added realism of opportunities to practice loading and unloading real aircraft. A medical evacuation helicopter landing in the darkness to pick-up severely wounded patients helps define the “train as you fight” concept for Initial Entry Training students.



Soldiers assigned to the 232nd Medical Battalion train with crewmembers of the 149th Medical Evacuation unit assigned to the Texas Air National Guard. Each Soldier gets the opportunity to practice loading and unloading the helicopter during the combat trauma lanes training. Soldiers also use the experience to hone various skills such as manual and litter patient carry techniques, tactical movement, and casualty care.

crucial to the Soldier medics’ training, since the U.S. Army conducts most of its combat operations at night. Superior night vision capabilities and other technological advances give U.S. forces an advantage over the enemy during the hours of darkness.

An added benefit to the reverse cycle training is that the Soldiers spent much less time conducting physically exerting tasks during the hottest hours of the day. Safety in training is always a primary concern, and this helped reduce the

risk of heat injuries and dehydration.

The B Company “Bulldogs” went through “Round Robin” training for the first few days of Combat Trauma instruction, led by the Department of Combat Medic Training Specialty Team 5. They learned the tactical aspects of many of the medical skills they had already studied. Each medic got to practice loading and unloading tactical ground ambulances as well as the MEDEVAC helicopter. The Soldiers also honed their skills in manual patient carries, litter carries, tactical movement, and combat casualty care.

After the preparatory training, the “Bulldogs” put it all together in the Combat Trauma lanes. They went out on patrol,

encountered casualties in a combat scenario, treated them, and evacuated them to safety. The MEDEVAC training, supported by the 149th Medical Evacuation Air National Guard unit, is a key aspect of the Combat Trauma lanes. The Soldiers greatly anticipate the opportunity to train with real aircraft. They thoroughly enjoy the realism of the training, which included training during low visibility. The conclusion of the Combat Trauma lanes brought the “Bulldog” medics one step closer to successful graduation from the 91W Course, and gave them invaluable tools that will help them save lives on the battlefield.

## Reservists, Guard may be eligible for cash back from FICA

By Sgt. 1st Class Doug Sample  
American Forces Press Service

An interpretation of a government rule may mean that mobilized National Guard and Reserve members and their employers may be in for a refund on some taxes the employers paid the federal government.

While researching last year for a slide presentation on tax rules for deployed National Guard members and reservists, retired Army Reserve Lt. Col. Frank Scattene, a certified public accountant, stumbled upon an interesting fact.

He read on an Internal Revenue Service Web site about a government rule stating Guard and Reserve service members were exempt from paying taxes on “supplemental income” used by employers to pay into such programs as Medicare and Social Security under the Federal Insurance Contribution Act and Federal Unemployment Tax Act.

According to Scattene, the IRS doesn’t consider the supplemental wages as taxable income because they are not paid for services rendered to the civilian employer.

Scattene, who is associated with the Lehigh Valley Military Affairs Council, a nonprofit, tax-exempt Pennsylvania corporation that assists National Guard and Reserve members, soon learned of several cases of service members who had employers taking out the tax erroneously.

“The reservists didn’t know the rule; neither did the employers,” he said.

Although supplemental wages are not subject to FICA taxes, the payments still are income to the Guard and Reserve members and are subject to income tax, he said.

Wayne Spruell, principal director for manpower and personnel for the assistant secretary of defense for reserve affairs, said Guard and Reservists who had FICA taxes erroneously withheld while on extended active duty should request reim-

bursement from their employer.

“Individuals who had an employer erroneously withhold the FICA tax cannot receive it back by amending their tax return,” he said.

He said employers may file an amended tax return, using Form 941 to seek proper adjustment under special rules of Section 6413 of the Internal Revenue Code and Treasury Regulations 31.6413(a)-2.

Under this procedure, the employer would receive not only the employee’s share of the erroneously paid FICA tax, but also the employer’s share, he explained.

“Employers should want to do this, since they would get their half of the FICA tax back as well,” he added.

However, Spruell further explained that if the employer declines to reimburse the FICA, the Guard or Reserve member may file a refund claim using IRS Form 843.

“They will still need to contact the employer and get a statement that the employer is not seeking reimbursement of the FICA taxes,” he said.

Spruell noted that if the employer is unable or unwilling to file the tax forms, the Guard and Reserve members can obtain forms from the IRS. And he advised that it would also be helpful to consult a tax expert.

“If I had not been researching this to give the presentation to make it thorough, I probably would not have thought about it,” Scattene said. Refunds could range from a few hundred dollars to several thousand, depending on income, he added.

“This appears to be fairly widespread,” he said. “There are probably a lot of people who are not getting this money in their pockets.”

Since September 11, 2001, some 360,000 members of the National Guard and Reserve have been mobilized to support the global war on terrorism, including operations in Afghanistan and Iraq.



# STREAMER

Continued from Page 1

military installations in its area of operations responsibility. A mobilized Army National Guard Brigade headquarters has provided this command and control base, known as “Task Force Guardian.” More than 7,400 Soldiers were mobilized to 89 military installations over a two-year period. National Guard troops from Texas, California and now Missouri man the Task Force in their ever-changing mission.

Soldiers have taken an active role in preparing others for combat missions, according to the commanding general. “Some of our Soldier-trainers have accompanied combat units into theater and will serve with them until they redeploy. Others have deployed to Iraq to train the Iraqi Army. Still others have spent time in theater with combat units to learn their lessons and bring that information home to train follow-on units,” Clark said.

Experienced officers and non-commissioned officers from the

Headquarters’ “Warfighter Division” continually travel throughout the country to train and mentor the battle staffs of Army National Guard divisions, brigades and battalions in command post exercises prior to deployment. The Warfighters fall under Fifth Army’s very active G-3 Training directorate, which coordinates all training requirements and priorities in the region.

The Fifth Army has taken an active role in training RC units mobilized for the “Noble Eagle” and “Armored Falcon” operations in defense of the Homeland, and operations abroad including “Enduring Freedom” and Iraqi Freedom.” Fifth Army’s two training divisions, the 75th Division (Training Support), with headquarters in Houston, and the 91st Division (TS), with headquarters in Dublin, Calif., perform the bulk of this training support. Throughout the past several years, the trainers have also helped deploy Soldiers to peace-keeping operations such as Bosnia, Kosovo, and the Sinai.

“The Reserve Component Soldiers we have trained have responded with a keen sense of urgency, patriotism and commitment, and they are doing a superb job. Fifth Army’s contribution to the war effort is significant and historic and we are making a difference,” Clark said.

Additionally, the Fifth Army assisted the Federal Emergency Management Agency within the United States by providing resources following hurricanes, floods, wild fires, and the Challenger shuttle disaster recovery. Troops were also sent to assist with security for the 2002 Winter Olympics in Salt Lake City. The Civil Support Training Group assigned to the Headquarters consists of four training teams that is responsible for training and evaluating the Army National Guard’s Civil Support Teams in 20 western states, the six Emergency Response Force Package Teams, and the nine Army Reserve chemical companies that have a dual mission focus with a civil support mission.



**Photo by Buddy Ferguson**  
Lt. Gen. Robert T. Clark, the commanding general of the Fifth U.S. Army, and Command Sgt. Maj. George L. Nieves, the unit’s senior noncommissioned officer, attach the Army Superior Unit Award streamer to the Fifth Army colors at a ceremony at the Officers’ Club on July 1. The color bearer is Staff Sgt. Christopher S. Moots.

# CALL UP

Continued from Page 1

obligations,” Cook said. “The enlistment contract spells out exactly what the division is between how long they serve on active duty or a Ready Reserve unit and how long in the IRR.”

This is not the first time the Army has used the IRR to fill its manpower needs. During the Gulf War, more than 20,000 IRR Soldiers were mobilized and deployed. Since the terrorist attacks of Sept. 11, 2001, the Army has called up more than 2,500 IRR Soldiers — the majority through IRR volunteers, though some have been involuntary call-ups.

The main purpose of this IRR call-up is to fill personnel shortfalls in a number of Army Reserve and National Guard units that have been tagged to deploy overseas as part of the OIF 3 and OEF 6 rotations planned for late fall, Smiley said. Many of the personnel shortfalls are for Soldiers already assigned to the deploying units who are not deployable due to medical, family or legal issues, he said.

The actual mobilization and deployment requirement is for about 4,400 Soldiers, but personnel officials expect to find some of the IRR Soldiers with similar medical, family and legal issues that may keep them from being deployable.

Historically speaking, the Army needs to mobilize about 13 IRR Soldiers to get 10 deployable Soldiers, said Raymond Robinson, G1 chief of Operations.

The called-up IRR Soldiers will spend about 30 days at a mobilization installation, getting checks to see if they are qualified for deployment, getting individual weapons qualification, conducting Common Task Testing and receiving training in a number of warrior tasks that reflect the realities of today’s operating environment, including how to recognize an improvised explosive device and reacting to an ambush.

Those who do not pass the readiness muster at the mobilization installation for reasons including anything from medical and legal reasons to physical challenges may be disqualified and sent home, Robinson said. Those who pass the muster will be sent on to military occupational specialty schools to get refresher training, normally lasting between two to four weeks. The final stop is joining the deploying unit at least 30 days before deployment for collective training as a unit.

While the specific jobs the called-up Soldiers will fill are varied, Cook said the heaviest requirements include truck drivers, mechanics, logistics personnel and administrative specialists.

“We will not deploy any Soldier who is not trained or ready,” said Bernard Oliphant, deputy for the Army Operations Center’s Mobilization Division, G3.

As of June 22, the IRR contained slightly more than 111,000 Soldiers.

# Enjoy BAMC International Day, July 16

Enjoy the delights of international dance, food sampling, music and cultural information and exhibits on Friday, July 16, from 9 a.m. to 3 p.m., as Brooke Army Medical Center presents an International Day festival at the BAMC Medical Mall.

The theme for the BAMC International Day celebration is “We’re all different the same,” and will focus on our uniqueness within a common humanity.

We speak different languages, but we tell the same folk tales. Our characters of myth and legend have different names and characteristics, but overcome the same challenges. Our music is different, based on instruments developed from local tools and materials, but our relationships with music are alike.

There are so many overlapping areas where we have things in com-

mon. Although they come from vastly different national origins, we now have a common national identity. And we all have stereotypes; some are based on characteristics of our times, communities and environments, but are mistaken for qualities and values. Our challenge is to understand the difference, and appreciate our differences, shaped by environments, genetics, and history, but all built from the same human clay.

Now that we’re all Americans, we bring those influences to shape our own and each other’s environment, and that’s what makes us all different the same. Join the celebration of the international legacy of our American character.

Source: BAMC Equal Opportunity Office.



# Soldiers present play to improve safety awareness

By 1st Lt. Christopher Nordin  
Special to the News Leader

Early in the morning of July 2, the 187th Medical Battalion, commanded by Lt. Col. John Collins, assembled the Initial Entry Training and Prior Service Enlisted Companies for an Independence Day Battalion Run and a Safety Skit presented by C Company.

Spirits among the Soldiers were high as they anticipated the long weekend. Collins remarks stressed thankfulness for past sacrifices paid for freedom and the efforts by Soldiers today to maintain that freedom. He also talked about safety for

the coming weekend. He emphasized to the Soldiers to think about the consequences of making smart decisions, which can lead to promotion and fulfill their dreams. However, he added, “Poor decisions of self-gratification without consideration for the consequences can cost Soldiers delays in career progression, and happy meaningful lives.” Soldiers roared in agreement and the battalion rolled out for an earth-shaking run singing cadences.

Following the run, the units formed a horseshoe formation for the special skit prepared by C Company. The scenes began with a huge life-sized artificial

car made from cardboard, tin foil, and paint, powered by Drill Sgt. Mitzuli Ordde, who pretended to be a Prior Service Soldier who offered a ride to an IET Soldier. Their mission was to break every rule that had been explained during the safety briefing. Already off on the wrong foot for fraternization, the situation went from bad to worse. The IET Soldier played by Drill Sgt. Charles Cox, gratefully accepted. Before they even made it off post, a military police officer in another cardboard decorated black and white cruiser pulled

them over for not wearing seatbelts. Reactions from the Soldiers observing these gone bad Soldiers included huge laughter, and cheers for the effort on stage. This scene forwarded to the Soldiers being pulled over again for driving under

the influence of alcohol. This time they were arrested, ending the skit. The message hit home to the whole of the Battalion to “think, don’t drink, and be responsible.” The battalion thanked Drill Sgt. Floyd Graham, C Company Safety NCO for writing the skit.



Photo by Esther Garcia  
Drill Sgt. Mitzuli Ordde is stopped by Drill Sgt. Dollie Peters role playing a military police officer for failing to wear seatbelts reinforcing the post “Click it or Ticket” campaign.



Photo by Esther Garcia  
Left to right, Drill Sgt. Mitzuli Ordde and Drill Sgt. Charles Cox are stopped by Drill Sgt. Dollie Peters, for being under the influence during a safety skit presented by C Company, 187th Medical Battalion. The message sent to the battalion was “think, don’t drink, and be responsible.”



# Some extended Guardsmen, Reservists may get GI Bill boost

By Rudi Williams  
American Forces Press Service

Guardsmen and reservists whose active duty time is extended past the normal 12-month call-up may be eligible for active duty-level benefits of the Montgomery GI Bill under certain circumstances, according to a senior Department of Veterans Affairs spokesman.

Currently, members participating in the active duty GI Bill receive \$800 or \$985 per month for full-time training, depending on their length of service. But reserve-component members receive only \$282 per month for full-time training, said Dennis Douglass, VA deputy director for education service.

Reserve-component personnel are now eligible for the greater active-duty benefit when their active-duty time is extended to 24 or more months, Douglas noted.

Douglass said the Montgomery GI Bill historically has been broken into two segments: the Montgomery GI Bill for active duty and the Montgomery GI Bill – Selected Reserve, for the reserve components.

The Selected Reserve GI Bill is for members of the Selected Reserve of the Army, Navy, Air Force, Marine Corps and Coast Guard and the Army and Air National Guard. It provides education and training opportunities for eligible service members who have completed high school.

“The active-duty bill is a program designed for those who enlist in active military service for a period of two-plus years,” Douglass noted. “If they only serve two years, they get a lesser benefit than an individual who signs up for three or more years.”

He said the authors of the two GI Bill programs never imagined that reservists and Guardsmen would be called up to active duty for extended periods of time as they have been in Operation Iraqi Freedom. “I don’t think that was envisioned in the original legislation,” he added.

The Chapter 30 program, or the GI Bill program for active-duty service members and veterans, is currently paying \$800 per month for full-time training for those who serve two years. Those who serve three years or more receive \$985 per month.

Douglass pointed out the \$282 reserve-component members get per month is a “dramatic difference” in the level of benefits.

“Another interesting difference in the two programs is that in the Selective Reserve program, eligibility starts when the military tells us to start it,” Douglas noted.

High school graduates are eligible for benefits after they’ve completed their initial period of active duty for training and have been assigned to a reserve or Guard component, he explained. Eligibility for active-duty people, however, doesn’t begin until after they’ve served for two years.

“They actually have to be on active duty for two years before they can avail themselves the use of the benefit,” Douglass noted. “For the most part, they don’t even start using it then; they wait until they become veterans to use it.”

Douglass noted that reserve-component call-ups have been averaging nine to 12 months. He said it would be “a disservice” to Guardsmen and reservists to take their \$100 per month for the GI Bill, as is done for

active-duty personnel. “That’s because at nine or 12 months, they have no hope of being eligible for the greater benefit of the (active-duty) Montgomery GI Bill.”

However, Douglass said, some individuals have been activated for an initial period of 12 months and then extended for another 12 months. The Defense Department and the services are offering those individuals participation in the Montgomery GI Bill.

“(The military) would begin to deduct \$100 per month from the service members’ pay, just as they do for active-duty service members,” he said. Upon release from active duty, those individuals would become eligible for the greater benefit, he added, assuming they’d completed their 24 months of active duty.

To be eligible for the same benefits active-duty personnel get, Guardsmen and reservists must have served for 24 months without a break in service.

“So, if they serve nine months, go home for awhile, and then serve another 15 months, they can’t add them together to

come up with 24 months,” Douglass noted.

But Senate Bill S-2099, if it becomes law, would make Guardsmen and reservists eligible for the active-duty Montgomery GI Bill if they serve 24 months on active duty in any five-year period, he noted.

An estimated 15,000 to 18,000 Guardsmen and reservists have been called to active duty and stayed active for a period of two years or longer, he said.

Douglass also touched on the Survivors’ and Dependents’ Educational Assistance Program, an education benefit for spouses and children of seriously disabled or deceased veterans whose death or disability was service-connected. Douglass noted length of service has no bearing on this benefit.

Normally, Montgomery GI Bill benefits are not available to spouses and children of healthy veterans who contributed to the Montgomery GI Bill, but didn’t use the benefits. The Air Force tested such a program as a retention tool for a limited time in 2003, but has since discontinued it, Douglass said.



# Army doctors publish combat stress study

By Courtney Hickson  
Army News Service

Soldiers deployed to the front lines of Iraq face a higher chance of developing post-traumatic stress disorder and other mental disorders than their counterparts in Afghanistan, a recent Army study reported.

The study, published in the July 1 New England Journal of Medicine, was led by Col. Charles W. Hoge, a medical doctor at the Department of Psychiatry and Behavioral Sciences, Walter Reed Army Institute of Research. It surveyed members of three Army units and one Marine unit.

The study was conducted with service members who had various lengths of deployment. Some Soldiers were surveyed in January 2003 before a year-long deployment to Iraq; the second group responded to questions after a six-month deployment to Afghanistan;

while a third group of Soldiers was surveyed after an eight-month deployment to Iraq. The Marines were surveyed after a six-month deployment to Iraq. All who were surveyed were involved in hazardous security duties.

There were 5,386 Soldiers and 815 Marines in the survey. Hoge said they focused exclusively on combat arms units and Army Infantry during the initial invasions of Afghanistan and Iraq. This was done with the knowledge that these Soldiers and Marines would be more likely to have seen combat and have combat stress as a result.

“This is not generalized to all service members,” he said. “The initial ground experiences may be different.”

Hoge said the study puts numbers to what is already known.

“What is unique is this is the first time we have looked at this so close to combat deployment,” he said.

Eighteen percent of the Soldiers who responded to the survey questions after returning home from Iraq had PTSD, almost double the number, of Soldiers surveyed before deployment to Iraq. While only 11.5 percent of those returning from Afghanistan had the broad definition of PTSD. Soldiers in Iraq had a significantly higher exposure to combat than those deployed to Afghanistan.

PTSD is “a psychiatric disorder that can occur following the experience or witnessing of life-threatening events such as military combat, natural disasters, terrorist incidents, serious accidents, or violent personal assaults like rape. People who suffer from PTSD often relive the experience through nightmares and flashbacks, have difficulty sleeping, and feel detached or estranged, and these symptoms can be severe enough and last long enough to significantly impair

the person’s daily life,” according to the National Center for PTSD Web site.

When asked if they have received professional help in the past months — which could have been help from a mental health care profession, a general medical doctor or a clergy member — 11 percent of Soldiers returning from Iraq said yes. In the same group, more than 16 percent said they were interested in receiving professional help, while 19.5 percent had a perceived moderate or severe problem.

Many Soldiers, who need mental health care the most, said they are not seeking treatment out of fear of being stigmatized the survey reported. Of those meeting the screening criteria for a mental disorder, the largest perceived barrier — at 65 percent — was “I would be seen as weak.” The next largest barrier was “My unit leadership might treat me differently,” at 63 percent.

Hoge said the perception of being stigmatized with a mental health disease is not unique to the military but there are some factors such as cohesion and leadership that are unique.

“They are perceived that they may be treated differently but that may not be the reality,” he said. “But it could be enough to not want to seek help.”

One of the challenges now is to find a way to reduce the stigma and encourage Soldiers to seek treatment, Hoge said.

In addition to Hoge, Army and Navy doctors performed and wrote study results. It is part of a larger ongoing study, which will be reported on in the future. Hoge said they will be looking at in greater detail factors shown in this study and looking to improve mental health and intervention to help the Soldiers. The study took over two years to complete and had support from the highest levels of the Army from the beginning, Hoge said.

## Resume, interview skills training for civilian employees

Do you have a resume? If you do, does it need to be updated? Does it accurately present the results of your work efforts? Do you need to brush up on your job interviewing skills? Do you know what preparation is necessary to meet the requirements of today’s job market interview process?

If one or all of the preceding questions has peaked your interest and you are a

Department of the Army civilian employee at Fort Sam Houston who may be involved in the A76 /MEO implementation, there is help available.

The Fort Sam Houston ACAP Center has scheduled one-day workshops to address resume building and interviewing skills training. The sessions will be held on July 14, Aug. 23 and Sept. 8. A mini-

mum of ten students per class is required to ensure the most effective training results. Still interested? Talk to a co-worker about joining you in registering for the workshop.

Should you prefer a self-paced computer program to assist you with instruction on the resume and the interview, contact the ACAP Center and reserve a computer

for your use. Counselors are always on hand at the Center to guide you through the process and answer your questions.

The ACAP Center scheduling desk for both the workshop and computer appointments can be reached at 221-1213. The Center is located in Building 2264 at the corner of Stanley and Connell Roads.

### Antiterrorism Awareness

- FSH Force Protection Condition is Bravo -

FPCONs are graduated categories of measures or actions commanders take to protect personnel and assets from terrorist attacks. FPCONs are set by commanders locally based on terrorism threat information and/or guidance from higher headquarters.



# ‘Military One Source’ solves service member, family member problems

By Rudi Williams  
American Forces Press Service

The Defense Department has established a “one stop” place to go whenever service members or family members need assistance with any kind of problem.

It’s called “Military One Source,” and is available 24 hours a day, seven days a week, 365 days a year, according to John M. Molino, deputy under-secretary of defense for military community and family policy.

“Military One Source is a revolutionary augmentation to the family services we currently have on military installations around the world,” Molino explained during an interview with the Pentagon Channel and American Forces Press Service.

Each service had its own One Source program, and now DoD is bringing them together and calling it Military One Source, Molino noted.

He noted that it’s intended to complement assistance offered to military families by the services. Molino said Military One Source “leverages technology and enables DoD to provide assistance to families and service members via the Internet or a toll-free telephone number.”

The services include everything from common, everyday

difficulties that might face a family to life’s most complicated situations, he noted.

Molino said Military One Source is available 24 hours a day around the country and around the world. “It’s a remarkable way to ... step forward into a new generation of providing services,” he said. “It’s a place where no matter when that situation occurs, the military family member or service member could make a phone call or go on the Internet and begin to get some help.”

The military services provide a lot of family services on installations, but Molino pointed out that about two-thirds of military families live off base.

“The people who are off the installation tend to be the most junior folks,” he added.

“They may not have the financial resources to have two cars, or to get themselves back and forth to the installations to get those services,” Molino continued. “So what One Source does is provide the opportunity to make that phone call and let us bring the services, literally, figuratively and electronically, to your home.”

When someone calls Military One Source for help, the person answering the phone has at least a master’s degree in social work or some kind of counseling service, Molino noted. “That person is

trained specifically to deal with military issues — issues that complicate military life. So they’re very sensitive to what you ask,” he said.

“Some people think they’re the only people who ever experienced whatever their problem is, and, of course, they’re not,” Molino emphasized. “Most everyone goes through different phases and different cycles.”

The voice on the other end doesn’t make judgments about situations, he noted. “They’re there to listen to what you have to say, evaluate it, and give you the beginnings of an answer or actually the answer to your question,” Molino said.

Military One Source runs the gamut of situations: from needing a plumber in the middle of the night to fix a broken pipe, to needing veterinary service for a sick dog. It also handles things like helping families new to an area find childcare, or information about the school system, summer jobs - whatever is needed.

“One Source can get all that information and provide it to you in a most efficient manner, whether it be electronically or getting back to you on the telephone,” Molino said.

People shouldn’t be afraid or embarrassed to seek help from Military One Source, he said, but he acknowledged some people may be reluctant to ask for help. “You try to convince people that the person at the other end of the phone isn’t going to be judgmental about your situation,” he said.

Word of mouth is the best way to get the word out about Military One Source within a unit, he noted. For example, Molino said, “If I’d made a phone call and had a positive experience, I can tell you about it. I can say, ‘You know, I tried One Source one time, and it

worked for me. You ought to give it a shot.’ Asking for help isn’t a sign of weakness; it’s really a sign of being smart - it’s a sign of smartness,” Molino said.

What bothers Molino is when people say they don’t need help from Military One Source because of their unit assignment. “I heard that in some units they say, ‘We’re in an Army Ranger unit,’ (or) ‘We’re in a Navy SEAL unit, and we don’t need that kind of support,’” Molino said. “That’s utter nonsense! If the pipe breaks in the middle of the night in the home of a Navy SEAL, you need a plumber just as badly as somebody else.”

“When you figure out that this is a great resource that provides help, you ought take advantage of it,” Molino said.

He pointed out when service members are deployed, they can put their minds at ease knowing that if their family needs help, it’s only a phone call away.

Putting himself in that position, Molino said, “I would find it very comfortable to know that my family back home has that option, that service available. And they don’t have to wait for the family center to open. They don’t have to find a way to get to the family center. My wife wouldn’t have to find a way to have the children taken care of.

“We can do things instantly, any time of the day or night,” he continued. “If there’s a language problem, One Source is able to provide services in more than 100 languages, usually in less than a minute’s delay.”

Military One Source also can be helpful to active duty service members. They don’t have to take time off from work or training to solve a problem. All they have to do is call Military One Source, Molino noted.

He emphasized that Military One Source counseling service

isn’t mental health counseling, or counseling for an illness that might be burdening somebody.

“We have a health care system that provides that service,” he noted.

“This is a different kind of counseling. It’s for folks that experience difficulties day to day. Let’s say a service member has been deployed. The family has adjusted to his or her absence. Somebody is walking the dog, taking out the garbage. When he comes back, he has to fit back into the family. Others had performed those roles that he traditionally performed. Sometimes that creates friction.”

All families have some degree of difficulty, and most of them manage to work through the problem. But sometimes they need a little assistance, and one toll-free phone call can get them that kind of counseling, Molino said.

Military Once Source also is available to National Guardsmen and reservists being called to active duty for Operations Enduring Freedom and Iraqi Freedom.

“We found that it works as well for guardsmen and reservists, especially because they tend not to be close to military installations,” Molino said.

“They can get that kind of support through the armory. The Guard and Reserve components initially went in a different direction with a different provider.

Then they realized that One Source actually was the gold standard, and they shifted over after about six months.”

The toll-free numbers for Military One Source are: From the United States: (800) 342-9647.

From outside the U.S. (where available): (800) 3429-6477.

International collect: (484) 530-5747.

Related Site: Military One Source [<http://www.militaryone-source.com>]

## Information Technology Business Center updates construction projects

Last fall, the Information Technology Business Center released several articles concerning the trenching that was in progress around post. This trenching was accomplished in support of one phase of a multi-phase, Army-wide project aimed at improving the communications infrastructure. Known as the Installation Information Infrastructure Modernization Program, I3MP is targeted at provisioning garrisons to take full advantage of the Army Knowledge On-Line initiative.

The Outside Cable Rehabilitation phase of I3MP provides the post with the hidden, underground conduits and manholes that are needed to deliver copper and fiber service to customers. For the trivia buffs, OSCAR trenching totaled 6.4 miles. Crews placed 43 new manholes and 26.6 miles of conduit in the ground. Through this new infrastructure, crews are pulling 25.4 miles of fiber and 6.6 miles of copper. While the trenching is complete, you may see various crews pulling copper and fiber from large cable reels, or a small white trailer parked along the road splicing fiber.

With OSCAR having a head start and soon to draw to a close, additional phases of I3MP have begun. The Common User Information Transport Network phase is leveraging the newly installed fiber and is placing state-of-the-art network hardware inside 88 buildings on the installation. CUITN allows for a more secure, more reliable, and higher speed network—up to 10 times faster.

You may have noticed a new building going up next to Building 1000. This is a new communications facility being built under the Digital Switched Systems Modernization Program. Housed there will be telephone and data switching systems that will improve our support to the northern end of the garrison. Totally out of view, DSSMP is providing Fort Sam Houston with items ranging from new batteries to a redundant fiber ring that will ensure the stability and performance of our telephone system.

More than \$13 million Army dollars have been spent to upgrade and stabilize your voice and data networks.

Source: Information Technology Business Ctr.



# Deployments increase stress; present new challenges for family unit

By Jennifer K. Paweleck  
Raymond W. Bliss Army Health Center

No matter how much you enjoy serving your country, deployments create stress. If you are married and/or have children, leaving your family creates additional stress. Spouses often report increased marital conflict before and during a deployment. Post-deployment reunions can also be challenging due to the natural adjustment period that occurs. Below are some issues to consider if you are married and planning to deploy.

**Pre-Deployment**

- Make time for yourself to gather your thoughts and prepare for deployment. Ensure that you are mentally and physically fit and ready to deploy.
- Spend time with family and friends. Make time for you and your spouse to be alone; spend some time with each child; and, last but not least, do things as a family.
- Discuss your concerns with your family, and listen to their concerns. No matter how much your spouse loves you, he or she may have some concerns about trust or managing the household in your absence. Your children may be wondering if you will come back. Offer honest, age-appropriate information to your children in response to their questions.

- Make sure that your finances are in order. If you are the primary financial manager for your household, educate your spouse so that he or she can take over these duties in your absence and ensure that financial obligations are met. Also, make a plan for what you will do with the extra money that you receive while deployed. Having a plan for using the money means that temptation is less likely to get the best of you and result in impulsive or frivolous spending.
- Encourage your family to become involved in the family support groups on post, as well as other sources of social support.

**During Deployment**

- Keep in touch with your family and friends via e-mail, letters, phone calls, and care packages. Stay current on the things that matter most to you. This will help after you return home, too, because you will feel less behind, less like you have so much to catch up on.
- If you must talk business in your correspondence with your spouse, start your conversation by checking on one another and end your conversation with positive words, love, and encouragement.
- Take care of yourself physically and psychologically.
- Get some exercise at least 20-30 minutes per day, at least three days per week.

- Eat well. Do not skip breakfast; choose low-fat, high-fiber foods; watch your sugar and junk food intake; eat complex carbohydrates; try to stick to a regular meal schedule; and do not overeat.
- Stay hydrated and try to limit caffeine and alcohol intake. Caffeine and alcohol dehydrate the body. Also, caffeine can cause physiological arousal – increased heart rate, shortness of breath, and tightness in the chest – that mimics anxiety.
- Try to get adequate rest and sleep.
- Make some time for you to relax with deep, diaphragmatic breathing; visualization; meditation; and/or progressive muscle relaxation. Enjoy hobbies such as reading, writing or listening to music. Pray. Interact with others – fellow service members, chaplains, mental-health professionals – and talk about your experiences and feelings, share good news from home, and so on.
- Keep a journal of your experiences. Writing is helpful to process today’s events and tomorrow’s expectations. If you are willing to share these thoughts and feelings, your journal can be a nice gift to your family when you return from deployment to let them know what your life was like while you were deployed.
- If crises occur, try to view them as opportunities

for growth and maturity, a challenge rather than a threat. Something can be learned from everything that happens.

- Stay involved as best you can in your children’s education, activities, and interests. Ask them about what they are doing, and support their positive efforts at education, extracurricular activities, helping your spouse, etc. Try to understand what your children are thinking and feeling.
- Reach out to your fellow service members to decrease feelings of loneliness and isolation. Social support is the best mediator of stress and other psychological issues. Share ideas for overcoming the challenges of separation and reunion.
- When you are preparing to return home, be sure to say appropriate goodbyes to your cohorts as best you can. You likely formed a new family with many of your fellow service members, and it is important to say goodbye and/or arrange to keep in touch if you desire.

**Post-Deployment**

- Make an appointment to address any mental or physical concerns you may have upon returning. If it is no big deal, at least you can put your mind at ease. If there is a problem, the sooner you know, the quicker

you can get healthy again.

- Expect an adjustment period no matter how happy you are to be home and how happy your family is to have you back.
- Anticipate doubts and worries. Anxiety is a predictable part of reuniting.
- Expect change. Recognize that you, your spouse, and your children have all changed to some degree. Everything from tastes and interests to the way the household is run may have changed. Make small, gradual changes and ease back into your role in the family. This process can take several weeks or months, depending on how long you and your family were apart and each family member’s ability to cope with change and stress.
- Be prepared for the reappearance of old problems. Separation does not erase problems, and problems do not solve themselves. Taking a break from the issue and stepping back may have helped you and your spouse to gain a new perspective, but the issue itself may still exist. There may also be new issues to address.
- Be realistic in your expectations. Forget your fantasies, and let things happen naturally.
- Share your feelings, and accept others’ feelings, whatever



## Family Readiness Group Leadership Team Workshop

The Family Readiness Group Leadership Team workshop will be held July 16 from 8 a.m. to 4 p.m. at the Roadrunner Community Center, Bldg. 2797.

This workshop is open to all units on the installation whether or not you have an FRG. The purpose is to provide standardized training to unit commanders, first sergeants, family member FRG leaders, and any other unit representative with an interest in family readiness. The material presented in the workshop is from the Operation READY program developed by The Texas Cooperation Extension of Texas A&M University under contract with Headquarters, Department of the Army, Community & Family Support Center, and Army Community Service.

**Agenda:**

8-8:15 a.m.	Registration
8:15- 9:30 a.m.	Introduction/FRG Overview/Getting Started
9:30-9:45 a.m.	Break
9:45-10:45 a.m.	Running the FRG – Money Matters - JAG
10:45-11:30 a.m.	Leadership for Effective FRGs
11:30 a.m.-12:15 p.m.	Lunch
12:15-1:15 p.m.	Building Your FRG – Volunteers – Making Contact
1:15-2 p.m.	Running the FRG – Communications
2-2:15 p.m.	Break
2:15-2:45 p.m.	Running the FRG –Special Events
2:45-3:30 p.m.	The FRG – Bringing it All Together
3:30-3:50 p.m.	Workshop Wrap-up
3:50-4 p.m.	Certificates

Pre-registration is required and class size is limited. For reservations and more information, contact the Mobilization and Deployment Office in ACS at 221-2705.

Next scheduled workshop is scheduled for Aug. 13.

## Blood is the fluid of life

The BAMC Blood Bank is running critically low of O Negative blood. Akeroyd Blood Donor Center is reaching out to you for your support to accomplish a mission for life.

Contact the Donor Center to lend a helping hand. To donate blood now, call the Akeroyd Blood Donor Center at 295-4655 or 295-4989.



## Army Community Service Family Advocacy Program July Class Schedule July 2004

Class Title	Dates	Class Time
Anger Management	14	11 a.m. – 12:30 p.m.
Basics of Breastfeeding	21	10:30 a.m. – Noon
Boys Only!		
Ages 6-8	7, 21	10 – 10:30 a.m.
Ages 9-10	7, 21	10:30 – 11 a.m.
Building Effective Anger Management Skills (B.E.A.M.S.) Series 3-6	1, 8, 15, 22	11 a.m. – 12:30 p.m.
(B.E.A.M.S.) Evening Classes (Series 1-4)	6, 14	6 – 7:30 p.m.
Commanders Training	22	8 – 9:30 a.m.
Conflict Management	19	11 a.m. – 12:30 p.m.
Coping with Difficult People	14	12:30 – 2 p.m.
Girl Talk!		
Ages 6-8	14	10 – 10:30 a.m.
Ages 9-10	28	10:30 – 11 a.m.
Helping Us Grow Securely (H.U.G.S.) Playgroup	6, 13, 20, 27	9 – 11 a.m.
Parenting with Love and Logic (ages 0-12)	1, 8, 15	9 – 11:30 a.m.
Stress Management I & II	20, 27	1 – 2 p.m.
You and Your Baby	14, 28	8 a.m. – Noon
Saturday Marathon	24	9 a.m. – 5 p.m.

To sign up for classes or for more information, call the ACS Family Advocacy Program at 221-0349 or 221-2418.

## Open House for students’ spouses, July 12

Attention students’ spouses: The Army Family Team Building is sponsoring an Open House just for you on July 12 from 10 to 11 a.m. in the Roadrunner Community Center, Bldg. 2797 on Stanley Road.

This is a great chance for spouses of students in any of the Army programs at Fort Sam Houston to find out what’s here, who’s here, and why you’re here. You will meet other student spouses, and will be greeted by Army spouses who will share a little of their own Army experiences with you. If you have no childcare, bring the kids along as you discover what it’s like to be an Army spouse. There will be welcome folders full of information and light snacks.

# STRESS

Continued from Page 10

they may be. Feelings are never right or wrong; they just are. Expect that the deployment has been difficult for everyone, and be prepared for all sorts of feelings – relief, hope, anxiety, and even resentment.

- Be prepared for challenges as you try to reestablish physical intimacy with your spouse. Take your time getting reacquainted, and do not try to rush sexual relations to make up for lost time!
- Take time to communicate and reconnect with your family and friends. Plan family time to help bring everyone back together. Make time for just you and your spouse. Plan some special time for you and each of your children to get reacquainted.

- Be aware that you and your family have changed to some degree. Your family has had to keep going – working, going to school, maintaining the household – in your absence, and it may take some time for you to blend back into the routine. Keep an open mind as you recreate your role in the family. Commend your family for the good things they have done, and do not try to change routines that are working well.

- Avoid a busy schedule, and make some time for yourself to get back into interests or hobbies that you missed – the positive things that bring you joy and help you relax. If you do not have good hobbies, create some.
- Recognize that deployment can be very difficult, and do not

be afraid to talk to someone – your spouse, your family, your friends, and a chaplain – or seek professional help if you are having problems adjusting to being back.

- After the initial reunion, discuss the division of chores in the household.
- Be patient, and give yourself time to adjust. Recognize that you have been away for quite some time, and do not expect everything to go back to the way it was overnight. Understand that, even if you did not find the deployment stressful or difficult, it can still have an impact on you and your family in ways that you may not realize.

Before, during, and after deployment, it is important to use your personal resources, such as

positive coping skills, faith, and communication, to maintain a positive yet realistic attitude. If you feel that your personal resources are not enough at any point, do not be afraid to seek help. Just sharing your thoughts, concerns, or feelings with someone can often bring tremendous relief.

We are all in this together, so thinking that you have to deal with deployment issues alone is unrealistic and unhealthy, a good way to set yourself up for failure without even realizing it. Thank you for working to protect this great nation, and let us know how we can help you.

- Check out the following useful Web sites for more information:
  - [- \[menthealth.mil/\]\(http://www.menhealth.mil/\).
    - Learn about family readiness through Army Community Service at <http://www.army-communityservice.org/>
    - Get information about post-deployment health through the U.S. Army Office of The Surgeon General \(OTSG\) and the U.S. Army Center for Health Promotion and Preventive Medicine \(CHPPM\) at <http://www.hooah4health.com/>
    - Read about managing relationships during and after war at <http://www.equalityinmarriage.org/>
    - Jennifer K. Paweleck is chief of Community Mental Health Service at Raymond W. Bliss Army Health Center, Fort Huachuca, Ariz.](http://www.deploy-</a></li></ul></li></ul></div><div data-bbox=)

## VMET provides an overview of military training and experience

Calling all Soldiers! Have you downloaded your VMET yet? The VMET is your electronic record of military experience and training, providing an official overview of a service member’s military career. All Soldiers should periodically review their VMET document to ensure accuracy.

What do I use the VMET document for? While in service, its primary purpose is to assist you in tracking your schooling and college credit recommendations. At separation it can be used to create a resume and complete job applications. You can use the VMET document to show potential employers, government agencies or educational institutions your verified experience and education achievements. It can be used to support the awarding of training or college cred-

it. The VMET document can also provide certification to allow waiver of apprenticeship/testing requirements for some skills.

Along with the VMET document, use your DD Form 214, performance and evaluation reports, training certificates, military and civilian transcripts, diplomas, certifications, and other available documentation to enhance your employment endeavors.

You will need your DFAS myPay PIN and social security number to access your VMET file.

.Questions? Contact the ACAP Center at Bldg. 2264, on Stanley Road, Fort Sam Houston, TX 78234-5024. Phone number (210) 221-1213 or e-mail [www.acap.army.mil](http://www.acap.army.mil)

## Running safely on post reduces risk of accidents

If walking or running during hours of darkness carry a flashlight to shine on the sidewalk in front of you. One should also be wearing light (or reflective) clothing, stay out of the roadway, and be alert to traffic. Carry your own identification: name, address, a friend or relative’s telephone number. Make sure your friends or relatives know your favorite running routes. Run in familiar areas and avoid unpopulated areas, deserted streets, and overgrown trails. Don’t wear headphones. Run against traffic and keep the approaching automobiles in view. Wear reflective material if you must run during the hours of darkness. Runners may run on sidewalks or on the grass along the roads mentioned below.

Prohibited running/jogging roads on Fort Sam Houston: Stanley, Dickman, Artillery Post, Wilson, Scott, New Braunfels, Harry Wurzbach, Schofield, Roger Brooke and Binz-Engleman.



# Health Promotion Center

## July Class Schedule

Class	Date	Time
Breastfeeding Support Group	9	1-2:30 p.m.
Tobacco Cessation		
“Readiness to Change”	12	7:30-9:30 a.m.
Cholesterol and Lipids	12	9-11:30 a.m.
Tobacco Cessation		
“Readiness to Change”	12	11 a.m.-12:30 p.m.
Diabetes Education	12	12:45-4:30 p.m.
Office Yoga	13	Noon-1 p.m.
Stress Management	13	1:15-2:30 p.m.
Diabetes Education	13	12:45-4:30 p.m.
Breast and GYN		
Cancer Support Group	14	9:30-11 a.m.
Body Fat Testing	16	8-11 a.m.
Fibromyaliga Treatment Group	14	1-3:30 p.m.
Introduction to Weight Reduction	16	Noon-1:30 p.m.
Breastfeeding Support Group	16	1-2:30 p.m.
Diabetes Education	19	12:45-4:30 p.m.
Breast Health Awareness	20	9-10 a. m.
Arthritis	20	9:30-11 a.m.
Office Yoga	20	Noon-1 p.m.
Diabetes Education	20	12:45-4:30 p.m.
High Blood Pressure	21	9 a.m.-Noon
Breastfeeding Support Group	23	1-2:30 p.m.
Cholesterol and Lipids	26	9-11:30 a.m.
Diabetes Education	26	12:45-4:30 p.m.
Office Yoga	27	Noon-1 p.m.
Breast and GYN		
Cancer Support Group	27	5:30-7 p.m.
Introduction to Weight Reduction	30	Noon-1:30 p.m.
Breastfeeding Support Group	30	1-2:30 p.m.

**Note:** Health care classes in the Health Promotion Center are free to BAMC civilian employees and all military beneficiaries. For information, call 916-3352.



**Yes, I want to be involved in National Night Out on Tuesday, August 3, 2004. Please register me for the following:**

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Zip:** \_\_\_\_\_

**Phone:** \_\_\_\_\_ **E-Mail:** \_\_\_\_\_

**Location of Party:** \_\_\_\_\_

**Time:** \_\_\_\_\_ **Begin** \_\_\_\_\_ **End** \_\_\_\_\_

Please complete and return by July 1st to the Fort Sam Houston Military Police, ATTN: Crime Prevention, 2404 New Braunfels Avenue, Bldg. 2250, Fort Sam Houston, Texas 78234 or Fax 221-9173. For more information call Linda Furlow, 221-9686 or email at [linda.furlow@samhouston.army.mil](mailto:linda.furlow@samhouston.army.mil).

Please contact the Crime Prevention Section at 221-9686 if you must withdraw from any of the activities.

# Fort Sam Houston joins National Night Out, Aug. 3

The Fort Sam Houston Military Police will host the annual crime prevention National Night Out, Tuesday, Aug. 3. National Night Out is a nationwide crime prevention activity designed to heighten crime prevention awareness; generate support for, and participation in, local anti-crime prevention programs; strengthen neighborhood spirit and police community relations; and send a message to criminals that our neighborhoods are organized and are fighting back against crime. Thanks to the community support last year, Fort Sam Houston placed in the top three in the military category.

Fort Sam Houston residents interested in participating in this event are encouraged to call the Crime Prevention Section at 221-9686 for more information.

Registration forms are available at the Provost Marshal’s Office, Bldg. 2250 and in the Fort Sam Houston News Leader. The registration form can be faxed to the military police at 221-9173 (Attention Linda Furlow). Once you are registered for a party, we will arrange for officers and other community leaders to visit your party to meet you and your neighbors on Aug. 3 at your block party.

Source: Law Enforcement Command .



# Randolph Roadrunners to host King William District Walk

Story and photo by Martin L. Callahan  
Special to the News Leader

The Randolph Roadrunners Volksmarch club will host its annual 10-kilometer (6.2 mile) King William District Walk in San Antonio, Texas on Friday, July 16. The start time is between 4 and 6 p.m., finish by 9 p.m.

The walk start point is at the Beethoven Maennerchor (Men’s Choir) Halle und Garten at 422 Pereida Street. The Beethoven Men’s Choir was founded in 1867 and is still going strong today. For more information on the Beethoven Maennerchor visit the Web Site at [www.beethovenmaennerchor.com](http://www.beethovenmaennerchor.com).

The King William area was the residential center of the German community in San Antonio and comprises about twenty-two blocks with 79 historic buildings. The streets were laid out between 1853 and 1859, with the main street named King Wilhelm in honor of Kaiser Wilhelm of Prussia. After World War I the street name was changed to an anglicized form of the original name, King William.

The walk route will take you by many of the most beautiful and historic buildings in the district. The oldest surviving buildings in the district date from the 1860s and 1870s and are simple one-story houses that have thick masonry walls with shutters and porches. Later homes were more elaborate Victorian high styles. The walk route also continues along a portion of the beautiful San Antonio River and will treat walkers to a view of the old San Antonio Arsenal built in 1859 and other historic structures.

At the conclusion of the volksmarch, paid walkers will receive an extra bonus of free admis-



Gerald Kamicka poses for a picture in front of the Gazebo that originally was located at old San Antonio Arsenal building at the 2002 King William District Walk.

sion to the Gartenfest that is going on in conjunction with the Volksmarch. Walkers will be able to enjoy German food, keg and bottled beer, wine, and delicious cakes and pies. There will also be live continuous German music including the Beethoven Concert Band and Singers, Polka dancers and bands, Flemish and German dancers, Tubameisters, Children’s Choir, and more.

Walkers wishing to participate in this truly German experience contact Tony and Nancy Paulson at (210) 658-8324 or e-mail at [nantony6@hotmail.com](mailto:nantony6@hotmail.com).

## Dining facility implements automated headcount system

The Rocco Dining Facility began the automated headcount system phase-in process today, during the weekday dinner meal and all meals on weekends and holidays, in order to prepare for implementation of the MTSS program. Diners will be required to present the government issued common access card or other government ID card for processing of their meal payment/entitlement.

The purpose of the phase-in process is to prepare the Rocco Dining Facility for the full implementation of the automated headcount system that begins on Aug. 1. The AHC full implementation is required to support the DA directed, military training service support program.

The AHC system will require diners to use their assigned CAC pin number to complete the meal collection/entitlement process. If a diner does not remember their assigned pin, the dining facility will still process that diner, on a manual mode but diners will eventually need to follow the required process. Diners will need to contact either; the student ID card section for student personnel or the Garrison ID card section for permanent party/civilians for ID card and pin reset assistance.

For information, call Mary Jane Garza, at 221-5037 or 221-5929.

## U.S. Army Parachute Team ‘Golden Knights’ accepting applications

The U.S. Army Parachute Team, “Golden Knights” is currently accepting applications to attend their annual Assessment and Selection Program in September.

A download-able version of the application is available on the Golden Knights’ Web site: [www.armygold-enknights.com](http://www.armygold-enknights.com).

To become a Golden Knight applicants must have a minimum of 150 freefall parachute jumps,

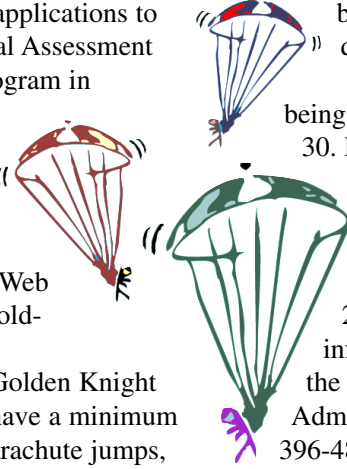
a flawless civilian and military record and volunteer to become Airborne qualified.

Applications are being accepted until July 30. Packets can be sent

to the U.S. Army Parachute Team P.O. Box 70126,

Fort Bragg, NC 28307. For more information, contact

the Golden Knight Administration Office at 396-4800.





# Edgar assumes command of Academy Battalion

By Maj. Shon-Neil Severns  
Special to the News Leader

Academy Battalion, 32nd Medical Brigade conducted a change of command ceremony July 1 at MacArthur Field in honor of outgoing commander, Lt. Col. Randall G. Anderson and incoming commander, Lt. Col. Erin P. Edgar.

Col. Maureen Coleman, 32nd Medical Brigade commander, hosted the ceremony that featured alignment of troops, troop inspection, colors presentation, honors to the nation, the change of command ceremony, and a pass in review by the battalion's companies.

Chaplain (Capt.) Raymond Estes began the change of command ceremony by presenting the invocation on behalf of the command. After the invocation, Staff Sgt. Michelle Klopp presented red roses to Anderson's wife, Maj. Kimberly Moran, and his mother, Aletta Anderson, thanking them for their support to the battalion. Then Sgt. Georgina Sawyer presented yellow roses to Kimberly, Edgar's wife and their daughter, Reilly to welcome them to Academy Battalion.

Brig. Gen. Daniel F. Perugini, U.S. Army Medical Command and Fort Sam Houston commander, spoke of Anderson and Academy Battalion's great accomplishments during the past two years. Anderson

sponsored an international officer; volunteered as a Cyberguide for a science competition for more than 7,000 students worldwide; and volunteered as Santa for Holiday Helping Hands, delivering toys to post children on Christmas Eve in 2002 and 2003. Additionally, Academy Battalion developed and executed the 2003 and 2004 Expert Field Medical Badge standardization and testing, which provided support to more than 300 candidates from 18 installations. Finally, Anderson spearheaded, planned, and coordinated the re-designation of Academy Battalion to the 264th Medical Battalion, which was approved by The Surgeon General on June 1.

Perugini also thanked Moran for all of her contributions to the battalion and welcomed the family of Lt. Col. Erin Edgar to the 32nd Medical Brigade.

Academy Battalion and six subordinate companies with 861 Soldiers support 32nd Medical Brigade instruction and doctrine development for the Army Medical Department. A Company's 12 departments are spread throughout the Continental United States and serve the Army Medical Department Center and School as the source for advanced doctrine development. The nine departments of B



Photo by Ray Turner

Lt. Col. Erin Edgar accepts the Academy Battalion color from 32nd Medical Brigade commander, Col. Maureen Coleman during a ceremony held at MacArthur Parade Field July 1. Prior to assuming command of the battalion, Edgar served as the Army Medical Department Center and School director of Combat Medic Training following deployments to Operation Enduring Freedom and Operation Iraqi Freedom.

Company ensure quality training for enlisted medical military occupational specialties and every Army Medical Department officer. The remainder of the Army Medical Department training mission, except for 91W combat medics, rests on the shoulders of C Company with its five departments and the Joint Defense Medical Readiness Training Institute. D Company supports the Soldiers and civilians assigned to the Headquarters Army

Medical Command. The backbone of Fort Sam Houston and Camp Bullis medical training are the Soldiers and civilians of the E Company "Eagles." E Company's unique mission is to provide comprehensive logistic and medical field support to each Army medical course at Camp Bullis. The final member of the Academy Battalion family is the U.S. Army Medical Command Band whose long-standing history has been to provide musical support as a means to enhance cohesion and esprit de corps. Together these fine Soldiers and civilians enhance the Department of Defense and the U.S. Army mission doing their daily duties.



Photo by Ray Turner

Staff Sgt. Michelle Klop, Academy Battalion NCO of the Quarter, presents a flower to Lt. Col. Randall Anderson's mother, Aletta Anderson. Klop also presented a bouquet of roses to Anderson's wife, Maj. Kimberly Moran.



Photo by Ray Turner

Sgt. Georgina Sawyer, Academy Battalion Soldier of the Quarter, presents a bouquet of yellow roses to Lt. Col Erin Edgar's wife, Kimberly and a flower to his daughter, Reilly.



# Family and friends have not forgotten local Soldier



Installation Chaplain (Col.) Edward Maney places a wreath at the graveside of Pvt. Robert Frantz as families and friends gather around.



Vincent and Kim Smith, parents of Pvt. Robert Frantz, joined family and friends who released red, white and blue balloons at the special memorial for their son who died in Iraq in June 2003.

Story and photos by Esther Garcia  
FSH Public Affairs Office

The family of Pvt. Robert J. Frantz held a graveside memorial service and balloon release June 30 at the Fort Sam Houston National Cemetery to mark the one year anniversary of his death.

Frantz died June 18, 2003 in Baghdad, Iraq following a grenade attack while on guard duty at an Iraq compound. Frantz was assigned to

Company B, 1st Battalion, 1st Armored Division.

The ceremony included remarks by Chaplain (Col.) Edward Maney, Fort Sam Houston chaplain; special patriotic songs by Adrez Fredericks; the invocation and the eulogy by the Reverend Russell Mellieon. Frantz's mother, Kim Smith, recited the poem a "Soldiers Story" prior to placing a wreath on her son's grave and the release of red, white and blue balloons.



Shannon Golden, daughter of Pvt. Robert Frantz, touches the dove that rests on her father's grave. The family held a memorial observance June 30 at the Fort Sam Houston Cemetery to mark the one year anniversary of her father's death.



# 232nd Med. Bn. announces Soldier and Junior Leader of the Week

Pfc. Wayne Nels Petner from Clovis, N.M. was selected as the 232nd Medical Battalion's Soldier of the Week and Pfc. Andrea Lynne Heil of Columbus,

Ohio was selected Junior Leader of the Week. "I needed medical experience to get into medical school, and in the Army I can get the experi-

ence and serve my country," Petner said when asked why he wanted to become a Soldier medic. When he was asked what was the most valuable lesson he learned while assigned to the 232nd Medical Battalion he responded, "A team is only as strong as what is left when you carry the weakest members through." Petner has a GPA of 93 and a physical fitness score of 286. His hobbies include playing and writing music. Heil, who was selected as the 232nd Medical Battalion's Junior Leader of the Week said she wanted to become a Soldier medic because, "Being a medic will better my chances of becoming a fire-fighter in the civilian world." Heil said the most valuable lesson she has learned while assigned to the 232nd Medical Battalion is that,

"teamwork is the key to success. In order to accomplish anything you must have the will to survive. Everything is determined by your state of mind." Heil has a GPA of 80 and a physical fit-

ness score of 279. She enjoys meeting new people and visiting different countries. Her hobbies include playing sports, and spending time with her family.



Photo by 1st Lt. Latrise Hutchinson

232nd Medical Battalion Soldier of the Week, Pfc. Wayne Nels Petner of Clovis, N.M. gets ready for his physical fitness test by doing push-ups.



Photo by 1st Lt. Latrise Hutchinson

Pfc. Andrea Lynne Heil, selected as 232nd Medical Battalion's Junior Leader of the Week, practices her sit-ups in preparation for her physical fitness test.

# MOPH honors Soldiers and families at Missions game

Story and Photo by Bill Bacon  
Special to the News Leader

The news told of flooding north of San Antonio, and black thunderclouds could easily be seen bearing down on Nelson Wolff Stadium on the city's southwest side. All the while, members of the Alamo Chapter 1836, Military Order of the Purple Heart, waited for the vans carrying Soldiers and their families who were attending the evening baseball game June 15. As luck would have it, the rains moved to the east, and the evening was cool and clear, a rarity for South Texas in June.

Twenty Soldiers from Medical Hold Company at Brooke Army Medical Center arrived in vans right on time. They were then handed tickets for the San Antonio Missions game and for Picnic In The Park. The Soldiers were also given a slip of paper with a name and address on it. Their first stop was the mess tent, where Soldiers and their families enjoyed all the hamburgers and hot dogs, chips and soda they could eat and drink. Then it was off to their assigned seats to watch the game. When the announcer mentioned the Soldiers wounded and injured in Operation Iraqi Freedom and Operation Enduring Freedom, the crowd gave them a long, standing ovation.

Members of the Alamo Chapter 1836 MOPH in San Antonio organized the Picnic In The Park. Through donations, citizens sponsored at least one Soldier to a game at a cost of \$14 per Soldier. Soon donations began arriving with one business sponsoring 10 Soldiers with a check for \$140 and a dentist sponsoring 20 Soldiers with a check for \$280. Many families sponsored one or more Soldiers. The donations were enough to schedule two games per month through the baseball season. Members of the Alamo Chapter and their families attend the game with the Soldiers at their own expense, so that they can show their appreciation for the Soldiers' service to the nation.



Soldiers and families from Brooke Army Medical Center's Medical Hold Company took time from the "Picnic in the Park" to pose with Ballapeno, the official mascot for the San Antonio Missions. The appreciation picnic was hosted by the Alamo Chapter 1836, Military Order of the Purple Heart, at Nelson Wolff Stadium June 15.

And the slips of paper the Soldiers receive? They contained the names and address of their sponsors for Soldiers to send thank you notes. If you or your organization are interested in sponsoring Soldiers and their families to future Picnic In The Park at Nelson Wolff Stadium, send a check payable to "MOPH 1836" to 9335 Laurel Grove, San Antonio, TX 78250-3553. For information, call Bill Bacon at (210) 682-2818.



# FSH celebrates 228th anniversary of our nation



Photo by Esther Garcia

Soldiers assigned to the Special Troops Battalion gather for a commemorative photo following the 50-cannon salute to the union held July 4 at the main post flagpole.



Photo by Esther Garcia

Clapping to the rhythm of the music, Army retired Col. A.T. Phumphrey and his wife Angela, enjoy the patriotic music provided by the Army Medical Command Band. Phumphrey is a World War II, Korean and Vietnam War veteran.



Photo by Esther Garcia

Coleta Perugini visits with Judge John Primomo, presiding Judge for the Naturalization Ceremony and Juan Pineda, U.S. Marshall. Keynote speaker, Brig. Gen. Daniel F. Perugini, Army Medical Department Center and School and Fort Sam Houston welcomed the new citizens. He said, “As our newest Americans you have every right – promised to us – in our Declaration of Independence, our Constitution, and the Bill of Rights, an irrevocable freedom to pursue our lives with guarantees of liberty, justice and equality.” Perugini also noted that his wife Coleta became a naturalized citizen at the age of 18.



Photo by Esther Garcia

Members of the color guard, Sgt. 1st Class Susie Clark, Staff Sgt. Tony Talley, Staff Sgt. Shannon Lindsey, Staff Sgt. William Burch, and Staff Sgt. Jennifer Crook, Noncommissioned Officers Academy, Advanced Noncommissioned Officers Course, post the U.S. Flag and the Texas Flag at the Naturalization Ceremony held July 4 at the Alamo.



Photo by Esther Garcia

Attendees at the 4th of July “Salute to the Nation” ceremony cover their ears as the cannons are fired recognizing each one of the fifty states.





Photo by Esther Garcia  
Host and keynote speaker for the 4th of July ceremony Brig. Gen. Daniel F. Perugini asked everyone to pause and remember the tremendous effort and sacrifice made by millions of Americans who have preserved the freedoms first conceived on July 4, 1776.



Photo by Esther Garcia  
Ashley Anderson rings the bell thirteen times commemorating the thirteen original states, which first formed the United States of America, during the 4th of July "Salute to the Nation" ceremony held at the main post flagpole.



Photo by Esther Garcia  
The 50 new Americans, from 18 different countries, including members of the Armed Forces representing the Army, Navy and the Air Force, received the oath of citizenship at a naturalization ceremony held on Independence Day at the Alamo.



Photo by Esther Garcia  
Members of the Army Medical Command Band, Staff Sgt. Orlando Urdiales and Staff Sgt. Ricardo Vega, provided patriotic music at the July 4 ceremony. On July 3, the band was in McAllen, Texas celebrating the City's 76th Annual Independence Day activities.



Photo by Esther Garcia  
Ernesto and Callie Valles from Chapel Hill, N.C. take time to look at their state flag following the 4th of July ceremony held at the main post flagpole. The fifty state flags and six territorial flags provided a backdrop to the 50-cannon salute during the July 4th "Salute the Nation" celebration.



# Spiritual Warriors Actively Training program strives to meet Soldiers needs

By Spc. Wade G. Brock  
Special to the News Leader

While offering medical support during World War II theaters in Rhineland, Ardennes-Alsace, and Central Europe, the 187th Medical Battalion earned meritorious unit commendations for excellence, courage, and power.

Today, the 187th Medical Battalion maintains those same high standards and values while tasked with the mission of providing medical training to a diverse group of Soldiers who will participate in the Global War on Terrorism. A Company consists of officers and officer candidates currently attending various courses. B, C, and E Companies are made up of advanced initial entry training students who have recently graduated from basic training. Soldiers based at Fort Sam Houston, who have invested prior service time to the Department of Defense or Army, are assigned to D Company, 187th Medical Battalion.

With the leadership being driven to accomplish its current training mission, the 187th

Medical Battalion strives to meet the needs of its Soldiers, physically, mentally, and spiritually. The D Company, 187th Medical Battalion leadership finds and provides multiple pathways to assist Soldiers in reaching the answers to these larger questions instilling in them a vital sense of purpose, power, and pride. Among those pathways is a program known as Spiritual Warriors Actively Training or SWAT. The foundation and premise for this program is to provide training and answer Soldiers questions such as: Who am I? Where is my life going? Is there a plan for me? How do I choose the right path?

In celebration of the 229th birthday of the United States Army, D Company is excited to offer a new program for its Soldiers known as the “Purpose Driven Life.” Beginning today, students will make a covenant to commit 40 days to discovering God’s purpose for their lives. This non-congregational Christian fellowship is open to all members of D Company. The initial SWAT fire-team will follow the forty-day premise as set forth by Noah, Moses, and the disciples after Jesus’ resurrection.

Using Rick Warren’s #1 New York Times Bestseller, “The Purpose Driven Life” as a guide, the 187th Medical Battalion Chaplain, Capt. David Schlichter will lead a six week series based on five purposes: you were planned for God’s pleasure, you were formed for God’s family, you were created to become like Christ, you were shaped for serving God, and you were made for a mission.

During this exciting forty day series, the fire-team will utilize these five purposes to answer the question of: “What on earth are we here for?” Members of the fire-team will maintain a brief daily reading assignment while supporting the material with biblical scripture, prayer, and Thursday night group discussions.

For other 187th Medical Battalion students interested in getting involved in the program, you should express your interest by notifying your chain of command and contact Capt. David R. Schlichter at 221-1698. The Point of Contact for D Company is Sgt. 1st Class Monte Nesmejanow at 221-6840.

## Bible School begins July 12

Vacation Bible School has finally arrived. This year’s theme is SonGames 2004. Every activity is full of action and camaraderie. They will design team flags, create gold medal crafts, and learn about God through five themes. These are Join In!, Team Up!, Get Strong!, Keep On!, and Celebrate!

Vacation Bible School is open to all children 4 years old through 4th Grade (completed). Your child does not need to attend our chapel to attend. VBS will be held July 12-16 from 6 to 8 p.m. at Dodd Field Chapel.

They’ll learn that God wants everyone to Join In! As they experience the story of the Apostle

Paul’s conversion. Children will want to Team Up! With encouraging friends when they hear how Paul’s friends helped and encouraged him. They’ll find God helps them Get Strong! And do what’s right, as they witness Paul’s obedience as he traveled through Greece. Your team will be inspired to Keep On! Trusting God during tough times, as they watch Paul’s perseverance. Lastly, your team will enjoy seeing Paul reach his goal and will Celebrate! The many good things that God does for the members of His team!

For information, visit the Web site:  
<http://www.samhouston.army.mil/chaplain/VBS/>

## Post worship schedule

**Main Post Chapel**, Bldg. 2200, phone number: (210) 221-2754.

**Catholic Services:**  
4:45-5:15 p.m. - Confessions - Saturdays  
5:30 p.m. - Mass - Saturdays  
9:30 a.m. - Mass - Sundays  
11:30 a.m. - Mass - Weekdays

**Protestant Services** - Sundays:  
8 a.m. - Traditional Protestant  
11 a.m. - Traditional Protestant

**Jewish Services:** phone numbers: (210) 379-8666 or 493-6660.  
Fridays: 8 p.m. - Worship and 8:30 p.m. - Oneg Shabbat



**Dodd Field Chapel**, Bldg. 1721, phone numbers: (210) 221-5010 or 221-5432.

**Catholic Services** - Sundays:  
12:30 p.m. - Bilingual Mass

**Protestant Services:**  
5:30 p.m. - Contemporary Protestant - Sundays  
10:30 a.m. - Collective Gospel Protestant - Sundays  
9:30-11:30 a.m. - Women’s Bible Study (PWOC) -



Wednesdays, childcare is provided

**AMEDD Regimental Chapel**, Bldg. 1398, phone number: (210) 221-4362.

**Troop Catholic Mass:** Sundays:  
10 a.m. - 32nd Medical Bde. Soldiers

**Troop Protestant Gospel Services:**  
Sundays:  
11:30 a.m. - 32nd Medical Bde. Soldiers

**Troop Protestant Service:**  
9 a.m. - 32nd Medical Bde. Soldiers



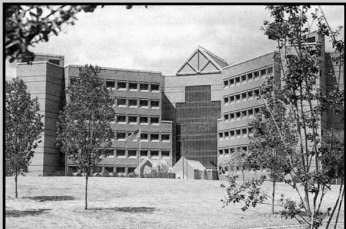
**FSH Mosque**, Bldg. 607A, phone numbers: (210) 221-5005 or 221-5007.  
1:30 p.m. - Jumma - Fridays  
10:30 a.m. - Children’s Religious Education - Sundays  
7:30 p.m. - Adult Religious Education - Thursdays



**Brooke Army Medical Center Chapel**, Bldg. 3600, phone number: (210) 916-1105.

**Catholic Services:**  
8:30 a.m. - Mass - Sundays  
11:15 a.m. - Mass - Sundays  
11 a.m. - Mass - Weekdays

**Protestant Services:**  
10 a.m. - Worship Service - Sundays  
Noon - Worship - Wednesdays



**232nd Medical Battalion Classroom**, Bldg. 1380, phone numbers: (210) 221-5005 or 221-5007. **Mormon Services:**  
10:30 a.m. - Sundays

**Web site:**  
[www.cs.amedd.army.mil/chaplain](http://www.cs.amedd.army.mil/chaplain)

# MWR Youth Happenings

**Wanted: Arts and Crafts instructor** - Youth Services and School Age Services are looking for an arts and crafts instructor for the summer. This paid position would be for four 50-minute classes Monday through Friday and two 50- minute classes on Saturdays. Ages of the youth range from 6-18 and are all different skill levels. All materials and supplies will be provided but the planning must follow the coordinated schedule of summer camp weeks. If you are interested, call the Youth Center at 221-3502

**Aerobics** - Youth Services is offering a no cost, low impact aerobics class from 6:30-7:30 p.m. on Wednesday and Thursday. For information, call 221-3502.

**Teen Summer Discovery Camp** - Registration for the Teen Summer Discovery Camp is going on for youth ages 14 and up. This program is for those who are too old for camp and too young to have a job. During this camp, youth will volunteer at a

work site two half days and the other day will hike, swim, and travel across South Central Texas.

This volunteer time in a work site provides job experience for each individual. There will be tubing on the Guadalupe River, swimming in Canyon Lake, trips to career interest areas and lots more. The cost for this camp is \$65 per week and includes breakfast, lunch and a snack. For information, call 221-3502.

**‘French Fry Friday’** - Every Friday is French Fry Friday. An order of seasoned or regular fries is 50¢. Come on by and eat with us and support the Youth Center.

**Exploring Life for Middle School students** - Youth Services offers an after school program for Middle School youth grades 6-9. This program is held Monday through Friday after school until 6 p.m. YS will pick the child from the elementary or the Jr./Sr. High School and take the child to the Youth Center, provide a snack, work on

homework, participate in clubs and participate in fun innovative projects that include the 4-H club, a photography club, a Computer Tech club and others. Work will include areas of interest that both the parents and the students like. This program is free for youth registered with Child and Youth Services at an annual fee of \$18. For information, call 221-3502

**Youth Service Volunteers** - YS is always looking for volunteers for assisting with the youth programs. Coaches, computer skilled people, crafty people and those that just care about kids are needed. If you have a special interest or hobby that you would like to share with kids, you can share it at the Youth Center. For information, call the Youth Center at 221-3502.

**Saturday Open Recreation** - Open recreation for youth in grades 1-12 is held at the Youth Center on Saturdays. Activities include computer lab, arts and crafts, basketball,

pool, ping-pong, movies, and more. Youth must be registered with Child and Youth Services to be eligible. For information, call 221-3502. Open recreation hours for youths in grades 1-5, 3-8 p.m.; youths in grades 6-8, 3-10 p.m.; and youths in grades 9-12, 3-11 p.m.

**Parents Wanted** - Parents are needed at the Youth Center every third Saturday of the month from 6-9 p.m. to join the Youth Center Staff team and play basketball against the teens and middle school students. Parents and staff try to out maneuver the teens and score a few baskets. Come join us in a game or two followed by refreshments.

**Tae-Bo** - Join the YS staff as they conduct Tae-Bo Classes every Wednesday from 4:30-5 p.m.

**Saturday Shuttle** - YS offers a Saturday shuttle to and from the Youth Center. There is no cost for this service but parents of children 9 and under must wait for the van and sign them in and out of the van with the YS staff member.

The Shuttle schedule is as follows:  
3 p.m. - Leave the Youth

Center  
3:07 p.m. - Gorgas Circle (picnic tables)  
3:10 p.m. - Schofield/Dickman on Schofield  
3:15 p.m. - Reynolds and Dickman on Reynolds  
3:20 p.m. - Officer’s Club tennis Courts  
3:25 p.m. - Artillery Post Road at Bus Stop  
3:30 p.m. - Easley/Infantry Post Bus Stop 660  
3:42 p.m. - Patch Road (play-ground)  
3:46 p.m. - Patch Road Shoppette Parking lot  
3:50 p.m. - Foulois/Scott Road Harris Heights  
3:54 p.m. - Forage/Foulois  
The return Shuttle will leave the Youth Center at 7:30 p.m. for those in 5th grade and below. There is also a shuttle that leaves at 9:30 p.m. for those in Middle School and at 10:30 p.m. for those in 9th grade and up. The shuttle service is only for youth who live on Fort Sam Houston.

## Child and Youth Services summer news

**The 3-Day Part Day Preschool Program** If you are interested in 3-Day Part Day Preschool Program, call Central Registration at 221-4871 or 221-1723 to place your name on a list. Fees will range from \$151-\$200 per month and will be assessed by calculating Total Family Income.

**Family Child Care (FCC)** offers home-based child care for ages 4 weeks to 12 years on and off post with certified providers. Types of care are full day, part day, before and after school care, hourly care, extended hour care and long term care. Referral information and child registration are available at Child and Youth Services Central Registration, 221-4871 or 221-1723. FCC is looking for family members interested in becoming certified FCC providers to offer home based child care. There is a no-cost start up plan. For more information please call 221-3820 or 221-3828.

**CYS Parent Advisory Council (PAC)** meeting will be Tues., July 20 from 11:30 a.m. to 12:30 p.m. at the Child Development Center, 2530 Funtston. Lunch will be pro-

vided. This is CYS parents opportunity to learn of upcoming events, meet staff and address concerns.

**The Child Development Center** has full day immediate openings for ages 12 months to 5 years. To register please call Central Registration at 221-4871 or 221-1723.

**Central Registration** will be onsite for early registration for Before and After School care at the School Age building, 1705. All patrons in need of Before and After School care will need to register, even if they are currently utilizing School Age. July 13-16 from 9 a.m. - 6 p.m. will be early onsite registration for Active Duty only. July 19-23 will be for DoD civilians, contractors and Active Duty. Don’t delay spaces fill quickly for K-5th. Parents will need to provide proof of income and updated shots. For information, call 221-4871 or 221-1723.

**Child Development Center Waiting List** - If your child’s name is on the Wait List for full day care at the Child



Development Center, check your status on the wait list from the day you complete the form; otherwise your child’s name will be purged from the list. To check your status, call Central

Registration at 221-4871 or 221-1723.

**Instructional Classes** - If you are interested in instructional classes such as Tae Kwon Do, piano, quarterly babysitter training or gymnastics, call 221-4882 or 221-4871/1723. For babysitter training or information, call 221-4871 or 221-1723.

**School Age Services** (Kindergarten - 5th grade) offers After School and Weekend Open

Recreation (Open recreation available to children in 1st - 5th grade) opportunities and After School Hourly Care options. Hourly and Open recreation must be reserved in advance by calling School Age Services at 221-4466. Children must be registered through Central Registration prior to utilizing the School Age Program. To register, call Central Registration at 221-4871 or 221-1723.

**Youth in 6th - 12th grade** seeking summer recreational opportunities may contact Youth Services at 221-4882.

### Juvenile curfew hours for students 17 years of age and younger

The following curfew hours will be observed by students 17 years of age and younger on Fort Sam Houston: Sunday through Thursday from 10:30 p.m. to 6 a.m. Friday through Saturday from midnight to 6 a.m. The following exceptions are allowed:

- A parent or guardian accompanies the juvenile.
- Another adult approved by the parents or guardians accompanies the juvenile.
- The juvenile is on an emergency errand.
- The juvenile is attending a school, government-sponsored, religious or otherwise authorized activity or is going to or coming from a school, religious, government-sponsored, or otherwise authorized activity without detour or stop.
- The juvenile is engaged in lawful employment or volunteer work or is going to, or coming from such activity without detour or stop.
- The juvenile is on a sidewalk or in the yard of the place where he/she resides and the neighbors are not communicating an objection to the Military Police Station or law enforcement patrols.



# Ensure your child’s school physicals and immunizations are current

Are you preparing your child for the upcoming school year? It’s good to know that TRICARE-eligible dependents between the ages of 5 and 11 are eligible under TRICARE for a physical exam, if it’s required for enrollment in school. You’ll also want to make sure your child’s immunizations, and their immunization record, are up-to-date. The school may require proof of both.

**School Physicals...what’s covered, what’s not**

- TRICARE covers any physical exam required for school enrollment for eligible dependents between ages 5 and 11.
- If you move or PCS in the middle of the school year, and the school requires a new physical exam, even though one was done earlier that year, TRICARE will cover the physical exam.
- TRICARE does not cover physical exams that may be required for school sports.

**Immunizations...they’re important, here’s why**

By getting your child vaccinated, you’ll be fighting disease in two ways. First, you will be protecting your own child from illnesses that may seriously harm him/her.

Second, since healthy children don’t spread disease, you will be protecting others as well. Vaccinations are most effective when given according to a physician-approved schedule. Childhood illnesses such as polio, measles, mumps, rubella, tetanus, diphtheria, Hib meningitis, pertussis, hepatitis B, and chickenpox pose a threat to a child who is not fully immunized. TRICARE covers childhood immunizations under the Clinical Preventive Services benefit in accordance with current Centers for Disease Control recommendations.

**Keep an Immunization Record**

Ask your doctor for an immunization record. Take it with you each time your child has an appointment so that your doctor can record your child’s immunizations and the dates they were received. This record will show that your child is protected. It may also be needed for school entry, summer camp, or other activities your child may participate in.

If you have questions about any TRICARE benefit, remember there’s always a representative at (800) 406-2832 to help.

# ‘Project Graduation/Chem-Free’ declared a rousing success for Cole students

By Dr. Gloria Davila  
Associate Superintendent

For more than ten years, the parents of the graduating students of Robert G. Cole Jr./Sr. High School have raised funds to host an all-night after-graduation party, known as “Project Graduation/Chem-Free.” This year was no different. The party, held on May 29 at the Jimmy Brought Fitness Center, offered the graduates a safe, chemical-free environment to celebrate their big night. Volunteer parent Robin Meilinger believes “The whole idea is to keep our children safe on what could be a very dangerous night. This protects not only our students, but also anyone else driving on the roads on that night.”

Many different kinds of activities were provided for the students during the all night party,

including basketball, volleyball, weightlifting, swimming with lifeguards present, a DJ, racquetball, and movies in a special video room. A “chips only” poker tournament without the exchange of money was played; prizes were awarded to the top three players. Finally, a hypnotist was brought in to entertain the students. Pizzas, hot wings, potato chips, baked goods, and drinks were offered all evening, before the early morning breakfast was served.

The success of this special event could not be possible without the efforts of the parent volunteers and students to raise the necessary funds. Monies were raised through cookie dough sales, candy bar sales, bake sales, and Krispy Kreme Doughnut card sales. Bagging groceries at the commissary and selling chances to win the game balls

from the football and basketball games against Randolph also produced funds for the party. This year, through hard work by both the parents and the students, the total amount raised was \$12,205.57.

Among the many local businesses who provided gift certificates, food, flowers, and other donations to Project Graduation were: Wendy’s Old Fashion Hamburgers on Austin Highway, Order Up, a new restaurant on Basse Road, EZ’s Brick Oven Bar and Grill at the Quarry, Bee Hive Florist, Krispy Kreme Doughnut Shop on Austin Highway.

Co-coordinators for the 2004 Project Graduation/Chem Free were: Susan Childers, Robin Meilinger, Maggie Sawyer, Marilyn Cochran, Tom Steves, Robin Philbrick, and Karen Kahue.

“The volunteer hours that the parents willingly contributed reach well into the thousands,” states Co-Coordinator Robin Meilinger. “It is truly a labor of love that keeps this parent organization so involved.”

The graduates of the Class of 2004 and their parents extend their gratitude to the following businesses for their donations to Project Graduation/Chem-Free Party:

Bee Hive Florist on Harry Wurzbach; Best Buy on Agora Pkwy; BAMC Auxiliary; Cheesy Jane’s on Broadway; Chester’s Hamburgers on San Pedro; Chipotle at the Quarry; Double Dave’s Pizzaworks on N. New Braunfels; Dominos Pizza on Eleanor;

Earl Abel’s on Broadway; EZ’s Brick Oven Bar and Grill at the Quarry; Euro Tan (North); the Fire Bowl Café at the Quarry; Game Works at the

Quarry; Golden Phoenix on Perrin Beitel; Good Time Charlie’s Café and Grill on Broadway; HEB San Antonio; La Fiesta at Pat Booker Rd; Laser Quest at Embassy Oaks; Mary Kay (Shari Mullins); FSH Officer and Civilian Spouses Club; Order Up on Basse Rd.; Ozuna & Associates on Happy Trails; Salsalitos Mexican Restaurant on Nacogdoches; Santikos Theatres at Embassy Oaks; Souper! Salad on Heimer; the Spurs Foundation; Visual Changes at North Star; Water Street Oyster Bar on Broadway; Wendy’s Hamburgers on Austin Highway; FSH Youth Center; and Zoopas at the Quarry. In addition the following FSH Commissary vendors: Highland Plains, Jim Webber; C. Lloyd Johnson, Katrina Johnson and Proctor and Gamble, Tammy Milligan.

## FSHISD meeting for prospective board members

There will be an information meeting for anyone interested in becoming a member of the Board of Trustees in the Fort Sam Houston Independent School District on July 12 at 6 p.m. the Roadrunner Community Center, Bldg. 2797, Stanley Road on Fort Sam Houston. Current board members as well as school district representatives will be on hand to offer their insight and to answer questions from candidates.

For information contact Keith Toney at 221-9613 or 295-4806.

### Now’s the time... Make an appointment for your child’s PHYSICAL



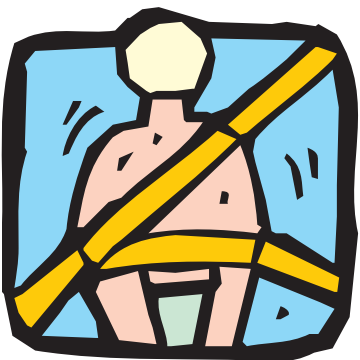
AGES 8 AND UP ONLY  
BAMC Pediatric Clinic  
16 & 30 July 2004  
1300-1600  
Call 916-9900 for appointment  
**BRING SHOT RECORDS**

## Why wear seatbelts?

- People who are thrown from cars are 25 times more likely to be killed than if they had been held securely in their seats.
- The majority of all car accidents occur within 25 miles of home.
- 80 percent of all serious injuries and fatalities occur in cars going 40 miles per hour or slower.
- In the unlikely event your car catches fire or is submerged, seatbelts can keep you from getting “knocked out” and greatly improve your chances of escape.
- In a crash, unrestrained occupants of a car keep moving during the time the car takes to stop. They are still moving forward at their original speed when they slam into the steering wheel, windshield or other parts of the car.
- Seatbelts are 57 percent effective in preventing traumatic and fatal brain injuries.
- According to the National Highway and Traffic Safety Administration, over the last 10 years, safety belts have prevented some 55,600 deaths, 1,300,000 injuries and saved more than \$105 billion in costs.

The FSH Military Police will conduct seatbelt enforcement operations in support of the National “Click it or Ticket” Campaign between July 2 and 5. Military Police will establish check points at random times and locations. There will be 100 percent enforcement for violators. Take the time to buckle up, especially your children.

Source: Fort Sam Houston Safety Office





# Bike Rodeo emphasizes importance of wearing a helmet

By Julia Anders  
Special to the News Leader

Although the weather forecast predicted rain, the Fort Sam Houston Safety Office, School Age Service, and Military Police held the Safety Helmet Clinic and Bike Rodeo on June 23. With the threat of rain, the committee decided to hold the bike rodeo in the parking lot and the safety helmet clinic inside the gym.

You could hear the excitement in the children's voices as they arrived and unloaded their bicycles from their family's cars. A crowd of more than 200 attended the event from School Age Services and the Fort Sam Houston community.

U.S. Army Garrison Command Sgt. Maj. Johnny C. Gray welcomed the community to the annual Safety Helmet Clinic and Bike Rodeo. He emphasized the importance of wearing a safety helmet to prevent serious head injury or even death. Fort Sam Houston Safety manager Guadalupe Gomez also demonstrated how the helmet protects the head.

The Safety Office conducted a Bicycle Helmet Clinic and Preventive Health nurses helped fit

children's helmet and taught them the proper way to wear the helmet.

Fire Prevention staff provided instructions on fire safety and bikes and helmet were inspected prior to the rodeo. Participants also registered their bikes and had their bikes engraved for identification. In addition, members of the Military Police provided fingerprinting and picture ID's.

Sparky, the firefighters' mascot and McGruff, the crime-fighting dog, were on hand to pose for pictures and welcome the children to the bicycle rodeo. During the bicycle rodeo, participants tested their bicycling skills using various obstacles. The closing ceremony was conducted by the Military Police and trophies provided by School Age Services were presented to first, second, and third place winners in each age group.

The following winners were announced:

Five and under age group were: Samy Baez, 1st place; Elizabeth Kennedy, 2nd place; and Turaga Hudson, 3rd place.

Six to 7 age group were: Kebrew Waynes, 1st place; Brandon McClellan, 2nd place; Raven Clack, 3rd place.

Eight to nine age group were: Donald St. Ann, 1st place;

Micheal Flether, 2nd place and Luis Leon, 3rd place.

10 to 12 age group were: Nick Johnson, 1st place; Andrea Howard, 2nd place; and Salisha Patton, 3rd place.

A drawing was held for three AAFES gift certificates and the winners were Margaret Garcia, Taraja Hudson, and Rebecca Polk. After closing ceremonies, the adults and children enjoyed a free lunch and shared stories about the event.

The FSH Safety Office extends a special "thank you" to AAFES, Military Police, School Age Services, Fire Prevention, and Brooke Army Medical Center Preventive Medicine for their support of the event.

**Safety helmets save lives**  
Army regulations require that all cyclist, child or adult, to wear a helmet when cycling on a military installation. Children of all ages should wear a helmet when riding a bicycle, tricycle, or when using skates, skate boards or a scooter on Fort Sam Houston. Helmets should be removed when playing on playground equipment. The straps for the helmet could possible get

hung on playground equipment. School Age Services provided safety films and classroom instructions on bicycle safety and proper helmet use each day this week. To have your safety helmet properly fitted, call the Safety Office at 221-9868.

Nationally, only about 15 percent of all children wear safety helmets. About 800 bicyclists die in the United States every year. About 540,000 bicyclists visit emergency rooms with injuries each year. Of those, about 67,000 have head injuries. One in eight cyclists with reported injuries had a brain injury. Two-thirds of the deaths are from traumatic brain injury. Each year, many lives are lost and about half of the deaths are children under 15 years old. Costs directly related to injuries

due to cyclists not using helmets are estimated at \$2.3 billion each year. Wearing a safety helmet when cycling can prevent brain injury in the event of a crash.

Photos by: Allen Schramek, Wayne Blanco Cerda, and Terry Davis



Spc. Karen Russell, Military Police, tests the bicycling skills of a Bike Rodeo participant during the annual Safety Helmet Clinic and Bike Rodeo held Jun 23 in the parking lot of the School Age Services.



Capt. Andrea Bishop properly fits a safety helmet on a participant during the Safety Helmet Clinic held inside the School Ages Services.



Sgt. Natalie Dains assist Rebecca Polk with completing a picture ID card with her fingerprints during the Bike Rodeo held June 23.



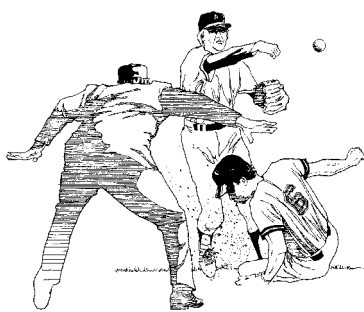
Staff Sgt. Francisco Garza announces the winner of the Bike Rodeo during closing ceremonies. Spc. Carson Lang and Pvt. Clifton Riggins dressed as McGruff the crime-fighting dog, present the trophies to the Bike Rodeo winners in various age categories.



Linda Chavez, City Public Services representative, demonstrates electrical hazards and how to avoid those hazards to students attending the Safety Helmet Clinic and Bike Rodeo.



# MWR Recreation and Fitness



**Free Missions Baseball Game** – Kraft is sponsoring a special “Salute to Military Families” by offering free tickets to the Missions game Wednesday, July 14, 7 p.m. at Wolf Stadium. Tickets are available at the Library, Jimmy Brought Fitness Center and Roadrunner Community Center. For information, call 221-2926.

**Trail Rides** – The Equestrian Center offers one-hour trail rides every Saturday and Sunday from 8:30-9:30 a.m.; 10-11 a.m.; or 12:30-1:30 p.m. Patrons ages 7 and up are welcome, however, they must be accompanied by an adult. Cost is \$20 per person. Reservations are required and may be made in person or by calling 224-7207. The center is located at Bldg 3550, Hawkins Rd., off Binz-Engleman and is open Monday- Friday: 7 a.m.- 6 p.m. and on Saturday-Sunday: 7 a.m.- 5 p.m.

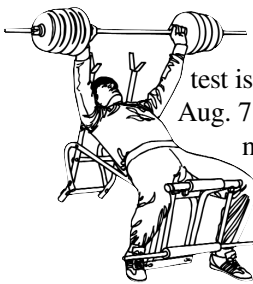
**Equipment Rentals** –The Outdoor Equipment Center offers a wide variety of recreational equipment for rent ranging from fishing boats to travel trailers and other camping equipment. Other items available for rental include; large BBQ/Smoker pits on trailers, canopies, tables, chairs, and play bouncers and dunking booths for unit gatherings or birthday parties. Also utility trailers, both open and covered, are available. For information, call 221-5224. The center is located in Bldg. 1111 at Forage Raod (see map) It is open Monday-Friday, 8 a.m.-5 p.m.

**Summer Fun at Canyon Lake-** The Fort Sam Houston Recreation Area at Canyon Lake offers a variety of recreation activities including camping, fishing, boating and swimming. Have a family reunion our unit gathering in one of our covered picnic areas or pavilions. Enjoy the overnight accommodations including RV rentals, screened cabanas and tent camping sights. For reservations and information, (830) 226-5357 (no fee), outside the 210 area code call, 1-888-882-9878. From Fort Sam Houston, take I35 North to exit 191 (Farm road 306), continue 17 miles until you see the sign

for FSH Recreation Area. Make a left turn onto Jacob Creek Park Road; the center is 1/2 mile down on the right. Hours of operation are Sunday-Thursday: 8 a.m.-6 p.m. Friday-Saturday: 8 a.m.-8 p.m.

**Archery Lessons at the Equipment Center** - Individual and group archery lessons are now available through the Outdoor Equipment Center. Instruction is given at your level of experience, novice to expert. Contact instructor Skip Dawson, award winning archer, at 221-5225. Children are welcome, however, a parent must accompany dependents under the age of 18. Wear full shoes and no over-sized shirts or shorts/trousers.

**Bench Press Contest-** The next bench press contest is Saturday, Aug. 7. Register now for this competitive event prompting injury free weight training. The cost is \$20 and all participants receive a free t-shirt. For a registration form, download a copy at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) by following the recreation and fitness link to the “fitness for your life pro-



gram” or by visiting the Jimmy Brought Fitness Center.

**Intramural Softball (Male, Female and Coed)** - Letters of intent are due Aug. 2. A coaches meeting is 1 p.m., Aug. 6 at the Jimmy Brought Fitness Center. The season starts Aug. 16. Call Earl Young at 221-1180 for more information.

**Intramural Flag Football** - Letters of intent are due Aug. 2. Send to Earl Young, 1212 Stanley Rd. Bldg. 124 Ste 20, Fort Sam Houston, TX 78234. A coaches meeting is 1 p.m., Aug. 5 at the Jimmy Brought Fitness Center. The season starts Aug. 16. For more information, call Earl Young at 221-1180.

**Post Soccer Team** - Coaches and players wanted. Tryouts will be held Aug. 16-20 at 6 p.m. at the Hacienda Field. Coaches send resume to: Earl Young, 1212 Stanley Rd. Bldg. 124 Ste 20, Fort Sam Houston, TX 78234. For information, call Earl Young at 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

**Post Men’s Basketball Team** - Coaches and players wanted. Tryouts are at 6:30 p.m. Aug. 30-Sept. 2 at the Jimmy Brought Fitness Center. Coaches send resume by Aug. 15 to: Earl Young, 1212 Stanley Rd. Bldg. 124 Ste 20, Fort Sam Houston, TX

78234. For information, call Earl Young at 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

**Post Flag Football Team** - Coaches and players wanted. Tryouts will be held Aug. 2-6 at 6 p.m. at Leadership Field. Coaches send resumes by July 26 to: Earl Young, 1212 Stanley Rd. Bldg. 124 Ste 20, Fort Sam Houston, TX 78234. For information, call Earl Young at 221-1180 or e-mail [earl.young@samhouston.army.mil](mailto:earl.young@samhouston.army.mil).

**60 Days of Fitness** - A motivating fitness and weight loss program to help you safely lose 15 pounds in 60 days using a point system. This self-paced program requires you to workout 45 out of 60 days and includes a seven-page fitness assessment, body fat analysis and body measurements. You will also attend two 30-minute weight loss classes. Cost for the program is \$20, which includes a t-shirt. Contact Lucian Kimble at 221-2020.

**New Pilates Class** - A new Pilates classes is being offered at the Jimmy Brought Fitness Center every Tuesday and Thursday at 4:45 p.m.



## Intramural Softball standings

As of June 29

POOL A			POOL B		
Team	Wins	Losses	Team	Wins	Losses
Co C, Acad Bn	8	2	DMRTI	7	4
BAMC	7	3	USARSO	6	5
5th Army	6	4	NMCRC	6	5
Co B Acad Bn	5	5	Fire Department	6	5
232nd Med Bn	3	7	USAMITC	1	10
DFAS	1	9			

IntrmuUpdated standings and game schedules for all intramural sports are available at [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com)

## Combat Medic Run pre-registration

Registration for the Combat Medic Run, July 24, 7:15 a.m., is now underway at various locations on post. Look for tables set up at the AMEDD Center and School, Commissary and PX during the upcoming weeks. The Combat Medic Run is an annual event benefiting Morale, Welfare and Recreation. Events include a 10K and 5K individual run, 5-Soldier Guidon team event, a 2-mile fitness walk and a 5K Soldier formation run. For more information, visit the Web site [www.fortsamhoustonmwr.com](http://www.fortsamhoustonmwr.com) <<http://www.fortsamhoustonmwr.com>>.

## The FSH Bowling Center is full of fun for all ages

The Fort Sam Houston Bowling Center is open Wednesday – Thursday, 11 a.m. – 9:30 p.m., Friday – Saturday, 11 a.m.–10 p.m. and Sunday, 2 – 9 p.m. We offer a variety of programs as well as bowling instructions for all levels. Here’s what’s happening at the center:

Dollar Days – Wednesday- Friday 11 a.m. - 5 p.m. Pay only \$1 per game and \$1 per shoe rental.

Soldiers Appreciation – Saturdays from 11a.m. – 8 p.m. Get free shoe rental and a medium soda with purchase of a game.

Sundays are Family Bowling Day – Pay \$5 per person, includes 3 games, shoe rental, hot dog and medium soda (during the month of July only) and kids 12 and under bowl free (does not include meal).

Cyber Bowl – Saturdays 8 - 10 p.m. Pay \$10 per person age 12 and older, \$5 per person under 12. Bowling with a twist! Come bowl with 20,000 watts of laser lights and high energy music pumping. Great family fun event!

Summer Cyber Bowl - Sign up for the next Summer Cyber Bowl, July 16, 2 – 5 p.m. \$5 per person (maximum 100 people).

Birthday Party – Are you celebrating a birthday soon? Why not have a Bowling Birthday Party? The Bowling Center offers a Birthday Package that’s sure to be fun.

For more information, call 221-2683 or 221-4740.

## MWR Party Places

Need to organize a unit or retirement party? Looking for a unique place to hold a birthday bash? Check out the variety of locations available through the Fort Sam Houston MWR. From 6 to 600, Fort Sam Houston MWR offers the perfect place for any special event. Call one of these facilities and plan your event today!

**Bowling Center** - (210) 221-3683 - The Bowling Center can be reserved for unique birthday party or unit gathering. The center also features “Cyber Bowl” every Saturday evening from 8-10 p.m.

**Camp Bullis Recreation Area-** (210) 295-7577 - The rustic Hunting Lodge and adjacent park are available for rent for private and official functions. Activity packages can be arranged.

**Canyon Lake** - From the 210 area code: 830-226-5357

(no fee) outside the 210 area code: 1-888-882-9878 - Three covered picnic areas are available as well as two large covered pavilions. Other recreation activities include two covered play-ground areas, horseshoe pits and volleyball courts.

**Equestrian Center** - (210) 224-7207 - The perfect place for the horse lover. Special events can include pony rides for children 6 and under or trail rides for patrons over 7 years old. A large, lighted covered deck is also available.

**Golf Club** - (210) 221-5863 - The Golf Club offers a beautiful location for your special event/function. Call the catering department for more information. Events can be arranged to meet your specific needs.

**NCO Club** - (210) 224-2721 - The newly remodeled NCO/Enlisted Club offers a variety of rooms for rent - from traditional to contemporary - to

accommodate groups of any size. A full service catering department can assist you in planning your special functions.

**Officers’ Club** - (210) 224-4211 - Located in the historic area of Fort Sam Houston, the Officers’ Club offers a variety of rooms available to rent. A full service-catering department can help you with all your arrangements.

**Outdoor Equipment Center** - (210) 221-5224 - Call the equipment Center for your entire rental needs! They offer BBQ’s, moon bounces, tables and chairs and a variety of other party equipment.

**Salado Park** - (210) 221-5225 - Scenic Salado Park, adjacent to Salado Creak, offers a number of picnic areas for rent accommodating from 25-50 people. The park also features a volleyball court and playground area.

# Que Pasa?



## Community events

### 'Journey to the Future' Book Signing, Today

Army retired Lt. Col. Consuelo Kickbush will debut her new book "Journey to the Future" during a book signing at the Wal Mart store at 16503 Nacogdoches Road on Thursday, today at 7 p.m. Kickbush has been recognized as one of the 100 most influential Hispanics in America.

### SAROA Luncheon, July 20

The San Antonio Chapter of the Military Officers Association of America will host a luncheon July 20 at the Fort Sam Houston Officers' Club. Social hour is at 11 a.m. with lunch served at noon. Cost is \$13. Lt. Col. Emery Spaar, U.S. Army director of the Department of Pharmacy, BAMC, will speak concerning changes in pharmacy procedures at BAMC. For information or reservations, call 228-9955.

### Kraft 'Charles B. Shannon Golf Tournament' July 24

The 100 Black Men of San Antonio will host the KRAFT Third Annual Golf Tournament on Saturday, July 24 at the Woodlake Golf Club.

A Golf Tournament Reception will precursor the golf tournament, Friday, July 23 at 6:30 p.m. at Aldacco's at Sunset Station for the golfers sponsored by Kraft, Volvo and Sunset Station. Golfers can register at the reception or on Saturday morning at 11 a.m.

There will be a putting contest beginning at noon at Woodlake prior to the golf tournament and the golf tournament, shotgun, four man best ball team, will begin at 1 p.m. The finale will be the Awards Dinner and Ceremony.

For more information, call the tournament director Ira Smith at 359-8762.

### PWOC summer program

The Protestant Women of the Chapel's summer program will feature classes on Ruth and Naomi and Women of Faith. Programs meet on Wednesdays from 9:30-11:30 a.m. at Dodd Field Chapel. Free childcare is available. Join us for Praise and Worship, prayer, bible study and fellowship. For more information call Carolyn Wafford at 223-3856 or Lois Griffith at 226-1295. The Fall Kickoff program will be Aug. 25. More information forthcoming.

### Armed Forces photo exhibit

The photo exhibit will be more than 60 unforgettable images of the men and women of the U.S. Armed Forces are on display as part of "A Day in the Life of the United States Armed Forces", National Tribute Tour. Open to the public and free of charge, the exhibit will be at UTSA Downtown Campus now through Aug. 18.

### ASMC to help community July 10

The American Society of Military Comptrollers will sponsor a community service event July 10, from 9 a.m. to noon at Sunshine Plaza, 455 East Sunshine Drive, San Antonio. If you have never given of your time to members of your community, come and try it once. Payback is the greatest feeling of satisfaction you could ever ask for. Bring a bucket, cleaning cloths, Windex, and lots of energy. To volunteer, call Jane Keller at 210-536-5324 or e-mail at jane.keller@brooks.af.mil.

## Volunteer

### Botanical Center Children's Fall Garden Program begins Aug. 28

It is time for the fall session of the children's Garden at the Botanical Gardens to begin. This is a great opportunity for children 8-13 to learn about basic vegetable gardening from experienced gardeners. Each child has their own garden plot in which to grow and harvest vegetables to take home. The program is located at the Botanical Garden Center at 555 Funston and is sponsored by the Men's Garden Club and the San Antonio Botanical Society.

The Fall session starts on Aug. 28 and meets every Saturday from 9 to 11 a.m. until early November. Participants must come every week. The registration fee is \$5. Registration is at the Botanical Center. For more information, call 207-3255.

### SHARE seeks host families for international students

Guten Tag! Ciao! Hola! Bonjour! Are just a few ways to say "Hello!" to international high school students. SHARE is looking for host families for international exchange students for the upcoming school year. The students speak English, are covered by medical insurance and have spending money for their personal expenses. Host families provide a bed, meals, as well as friendship, understanding, and a genuine desire to share the American way of life.

Traditional two-parent families (with or without children), single parents or adults, and retired couples have enjoyed hosting one of our bright students. Boys and girls, 15-18 years old from around the world will be arriving in August to attend local high schools for one or two semesters. For information call Yvette Coffman at 1-800-941-ERDT (3738) or visit [www.sharesouthwest.org](http://www.sharesouthwest.org).

### Cultural Homestay International seeks host families

Cultural Homestay International, a non-profit educational exchange program, has many exchange students waiting to be placed with host families for the upcoming

school year. Ideal families should be willing to open their home to the world and accept a new culture into their life. To volunteer, contact Ruth Chislett, CHI Academic Coordinator, at (210) 862-2711 or (800) 777-5724. To learn more about CHI, visit [www.chinet.org](http://www.chinet.org).

### Summer Officer Christian Fellowship, July 9, 30, Aug. 6, 20

Interested in a Bible study? Join your fellow officers for an Officer Christian Fellowship study at the home of Lt. Col. Bob Griffith, 1008 Gorgas Circle, on Fridays. Come for supper at 6 p.m. or join us at 7 p.m. for a study of the Gospel of Luke. Upcoming and summer study nights are as follows: July 9 and 30, and Aug. 6 and 20. For more information, contact Lt. Col. Griffith at 226-1295 or email at [thegrifgang@cs.com](mailto:thegrifgang@cs.com) and CH Schlichter at 221-1968 or email at [david.schlichter@cen.amedd.army.mil](mailto:david.schlichter@cen.amedd.army.mil).

## Education

### Color Analysis Workshop, July 9

Family Member Employment Assistance will offer a Color Analysis Workshop on Friday, July 9, from 9 a.m. to 12:30 p.m. The Color Analysis Workshop will help you determine what colors are best for you and how to use these colors to plan a versatile, yet flattering wardrobe. Reservations are required and seating is limited to family members of active duty service members, retired service members and current DoD civilians. For information or to register, call Pat or Katja at (210) 221-0516/0427 or e-mail [patricia.fory@samhouston.army.mil](mailto:patricia.fory@samhouston.army.mil), [katja.lunsford@us.army.mil](mailto:katja.lunsford@us.army.mil).

### Digital battle command information systems training, July 12-15

Force XXI Battle Command Brigade and Below (FBCB2) is part of Army Battle Command Systems (ABCS). It is a digital, battle command information systems that provides on-the-move, real time and near real time C2 tactical combat. This is the same system that our soldiers are using in Kuwait, Afghanistan, and Iraq. This training is open to all AMEDD soldiers to include AMEDDCS instructors. Training for this course will start on 12 - 15 July at Willis Hall (bldg 2841) in room 2105 A. If you are interested in attending this training please contact Marvin Danzy at 221-4361 or e-mail at [marvin.danzy@amedd.army.mil](mailto:marvin.danzy@amedd.army.mil). You can also visit FBCB2 site at <http://fbcb2.monmouth.army.mil>.

### Tuition assistance available for active duty Soldiers

Tuition assistance for active duty Soldiers is \$4,500 per fiscal year with a cap of \$250 per semester hour to include fees. The current policy of \$4,500 per year is still in effect for the U.S. Army in fiscal year 2004. Soldiers will need a degree plan from the university or college they are attending no later than completion of nine semester hours. This is a regulatory requirement that must be complied with prior to continuing in any college program. Visit the Army Continuing Education System, Bldg. 2248, to review educational goals with a professional guidance counselor. For information, call 221-1738.

### SkillSoft has new On-line Technical Support Portal

SkillSoft has a new On-Line Technical Support Portal. Users can now go to

<http://onlinesupport.skillssoft.com> and click on "create a case." Once the information request is complete, an e-mail will be sent with a password and case number. When this is established, the user can go in and track their case. This is in addition to the regular support desk at [support@skillssoft.com](mailto:support@skillssoft.com).

### Direct commissioning program

The U.S. Army Health Care Recruiting Team is looking for qualified applicants for their direct commissioning program. Anyone working toward a bachelors' degree in any science, nursing, physics, nutrition or engineering may qualify to become an Army officer. The program is open to active duty, reserve, National Guard and civilians. For information, call Capt. Beverly S. Scott at 692-7376, (877) 570-8053 or e-mail [Beverly.Casiano@usarec.army.mil](mailto:Beverly.Casiano@usarec.army.mil).

## Meetings

### SACAA seeks new members

The San Antonio Caribbean American Association was formed in April, and the goal is to promote a working knowledge of the diverse and common elements of culture, the fostering of cultural awareness, the understanding, and appreciation of cultural heritage and the provision of a social atmosphere of togetherness. For information call Mater Sgt. Perry at 310-0123, Cassandra Reefer at 659-9150 or Pauline Coleman 659-7258.

### The Seventh Annual Force Health Protection Conference, Aug. 9-12

The Seventh Annual Force Health Protection Conference will be held in the Albuquerque, N.M., Convention Center Aug. 9 through 12. Presenters will be on hand with a full set of the latest tools for protecting the health of service members everywhere. Check the U.S. Army Center for Health Promotion and Preventive Medicine Web site conference link <http://chppm-www.apgea.army.mil/fhp/> for details and to register for this important conference.

### Purple Heart veterans sought

Purple Heart Veterans are invited to join the meeting of Military Order of the Purple Heart on the first Saturday of every month, 9 a.m. at the Roadrunner Community Center to learn more about combat related entitlements and claims benefits. Registration begins at 9 a.m. Bring your DD For 214 and a short biography.

### FSH Sergeants Major Association seeks new members

The Fort Sam Houston Sergeants Major Association meets every third Thursday of the month, 6 p.m. in the FSH NCO Club. Sgt. Maj. Hector Viczaino, president of the association, extends a cordial invitation to all Active Duty and retired command sergeants major, sergeants major and master sergeants on the promotion list from all service branches to attend the meetings. For information, call Command Sgt. Maj. Sampson Rush at 221-4129.

### BOSS seeks single Soldiers

The Better Opportunities for Single Soldiers meetings are held on the first and third Wednesday of every month, 1:30 p.m. at the Hacienda Recreation Center. The BOSS committee was established to provide Soldier input to the commander, who uses the committee's recommendations to improve single Soldiers' Morale, Welfare and Recreation programs. For information, call Staff Sgt. Edward Castro at 221-8760.



# Fort Freebies

Freebies are published on a first come, first serve basis. Commercial advertisements are prohibited. The deadline is noon Monday. Freebies are intended for personal household goods and privately owned property, and may only be submitted by active, retired or reserve component military members and civilian employees working on Fort Sam Houston. To submit paid classified ads or commercial advertising, call Prime Time at 453-3300. To submit a Fort Freebie, e-mail to: [news.leader@samhouston.army.mil](mailto:news.leader@samhouston.army.mil) or fax to 221-1198. Ensure your military/Fort Sam Houston civil service status, phone number and name appears on request. Limit of five items per entry.

**For Sale:** 1985 CJ-7 bur-gundy Jeep, hard top, American racing rims and more, \$5,500 obo; blue sofa and loveseat with pillow accents, slightly oversize and comes with 3-piece table all for \$525; GE like new refrig-erator with ice maker, 20.6 cu. ft., \$630; bakers rack, \$50; Panasonic black microwave, \$50. Call (210) 651-9168.

**For Sale:** Sears Lifestyle 50 cross training exercise system w/electronic readout, \$49 obo. Men’s dress slacks Waist 32”, 34”, 36”. Girls clothing sizes 14 and 16 and Juniors sizes 1,3,5 priced to sell, in good condition. Call 527-1611 after 1 p.m.

**For Sale:** Roller-skates, silver gray, dark blue, Size 10, barely used, \$10. Call 697-9261.

**For Sale:** Sanyo microwave oven, in original box, \$60; VHS, Hitachi Ultra Vision, like new, \$60; Red

Devil vacuum cleaner, hardly used, \$30. Call 493-8420.

**For Sale:** 22” Murray high wheel lawnmower, 4HP, one pull start w/mulch attachment, gas can included, \$75 obo. Call 655-5016 after 4 p.m.

**For Sale:** Husky black aluminum deep well toolbox for a full size pick-up truck, \$180. Call 364-7892.

**For Sale:** New electric stove, GE, black, self-clean-ing oven, with manual and warranty, \$250; rocking baby bassinet with accessories, \$65. Call 216-9268.

**For Sale:** Double bed bunk set \$50, two white dressers, \$10 each; twin black bed frame, \$25; black dresser, \$10. Call 832-9811 or 364-0546.

**For Sale:** 2004 Toyota Tundra Ltd. TX ed., brand new, double cab, leather, a/c, 6 disc CD/cassette/am/fm, 950 miles, towing. Take

over payments \$593 per month. Call 637-5538 and leave message.

**For Sale:** White wood crib with mattress, \$50; crib accessories include Fisher Price aquarium, Little Tykes crib toy and Fisher Price play mirror, all for \$20; women’s Adidas size 11, silver and baby blue, new \$20. Call 821-5479.

**For Sale:** 2002 Kawasaki Ninja 250, only 1,200 miles, Kaw green, like new, \$2,100. Call Fred at 930-8197.

**For Sale:** 1988 Lincoln Town car with 103,000 miles and cold air, \$2,100 obo. Call 365-2746.

**For Sale:** Hitch, Class III, Draw-Tite, Fits 1998 Dodge Dakota, includes wiring har-ness, \$75 obo; Go-Kart parts, 3 engines with low hours, new tires, lots of extras, \$500 obo; MIG welder, workman 150, Argon tank, full spool of



wire, shield, \$300 obo; child’s bed-desk storage combo, all wood, \$150 obo. Call 826-9070.

**For Sale:** Cambridge din-ing room table from Pier 1 Imports, 60” wide, 36” deep and 30” in height, made of honey and green stained rub-ber wood, \$150. Call the Summit at Bulverde Creek at 497-0035.

**For Sale:** Two car/van waterproof luggage carriers, \$199. Call 659-6741.

**For Sale:** Two-story house, 1889 sq. ft. 3 years old, 3 bedrooms, living room, family room garage and any more extras. Call 651-47-07.

# Career Clips

The Army Career and Alumni Program office provides numerous services to eligible people in transition including job assistance. Information on these and other positions is available to ACAP customers in the ACAP Office, Bldg. 2264 or call 221-1213.



**ENT Technician - San Antonio.** Must have 2-3 years experience or be a medical assistant with substantial ENT training. Perform audiometric hearing test. Assist physician in the operating room will be floating to all locations.

**BCCCP LVN - San Antonio.** Provides case management services for the center’s Breast and Cervical Cancer screening pro-grams for the region’s BCCCP and Komen Foundation. Understanding of public health promotion and disease prevention. CPR cer-tified.

**Training & Development Coordinator - San Antonio.** Provides performance con-sultation and conducts needs assessments with all levels of management and special-ists. Researches, designs, implements, and maintains standardized, comprehensive training. Negotiates training programs, sources materials, and delivery methods.

## Need an ID Card?

The ID Card Office located in Bldg. 367, has resumed accepting appointments in the afternoon from 1-3:30 p.m., Monday-Friday. Normal walk-ins are still between the hours of 7:30-11 a.m., daily. To schedule an appointment, call 221-2278or 221-0415. You can also obtain an ID Card at the Brooke Army Medical Center ID Card Office, located in the lower floor within the TRICARE Office. To schedule an appointment, call 916-0838.

